Creda

# *MBC70*
# *BUILT-IN MICROWAVE OVEN*

## *Cookery Book & Operating Instructions*

*Retention of this Instruction Book...*
This Instruction Book must be kept handy for reference as it contains important details on the safe and proper use of the appliance.
If you sell or pass the appliance to someone else, or move house and leave it behind, make sure this Book is also provided so the new owner can become familiar with the appliance and safety warnings.

# Standard Conversion Chart

## Weight

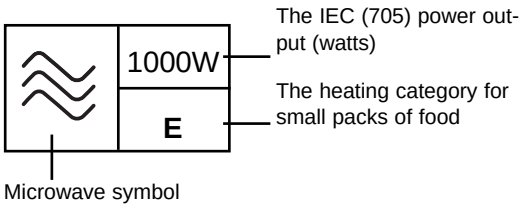
| | | |
|---|---|---|
| 1/2oz | – | 15g |
| 1oz | – | 25g |
| 2oz | – | 50g |
| 3oz | – | 75g |
| 4oz | – | 100g |
| 5oz | – | 150g |
| 6oz | – | 175g |
| 7oz | – | 200g |
| 8oz | – | 225g |
| 9oz | – | 250g |
| 10oz | – | 275g |
| 11oz | – | 300g |
| 12oz | – | 350g |
| 13oz | – | 375g |
| 14oz | – | 400g |
| 15oz | – | 425g |
| 1lb/16oz | – | 450g |

## Capacity

| | | |
|---|---|---|
| 1/2tsp | – | 3ml |
| 1tsp | – | 5ml |
| 1tbsp | – | 15ml |
| 1/4pt | – | 150ml |
| 1/2pt | – | 300ml |
| 3/4pt | – | 450ml |
| 1pt | – | 600ml |
| 1 3/4pt | – | 1 litre |

When using recipes in this book always follow metric or imperial measurements. Do not combine the two. In some recipes the conversions are not a direct equivalent due to recipe result.

## Important Notice




Your oven is rated 1000 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. The symbol above, which is displayed on your oven door, indicates the heating category for your oven when cooking or reheating convenience foods.
Your oven is rated ‘E’, which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods.
Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 38-42 of this book.
ALWAYS check the progress of the food as it cooks or reheats by simply opening the door and after checking the progress of the foods press START to continue the cooking time.

**Failure to follow the instructions given in this Cookbook and Operating Instructions, may affect the recipe result and in some instances may be dangerous.**

# Welcome to Creda Microwave Cooking

Thank you for purchasing a Creda Microwave Oven.
Even if this is not your first microwave oven, do please read the opening chapters of this cookbook to achieve perfect results every time.

## Intelligent Wave Technology

This microwave oven has the benefit of Intelligent Wave Technology. This unique technology has been in use with microwave ovens in Japan for many years, improving the cooking performance of the oven. It also means that you benefit from having more space inside your oven, without taking up more room on your work surface.

CE marking certifies that this appliance conforms to the following EEC directives.

*Low Voltage Equipment 72/23/EEC*
*Electromagnetic Compatibility 89/336/EEC and subsequent modifications.*

*Recycling & Disposal Information...*
As part of Creda's continued commitment to helping the environment, Creda reserves the right to use quality recycled components to keep down customer costs and minimise material wastage.
Please dispose of packaging and old appliances carefully.
To minimise risk of injury to children, remove the door, plug and cut mains cable off flush with the appliance, dispose of separately to ensure that the appliance can no longer be plugged into a mains socket.

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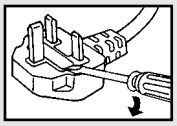
# For your safety read the following information carefully

This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362. Check for the ASTA mark or the BSI mark on the body of the fuse.

If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug.
A replacement fuse cover can be purchased from your local Creda Dealer.

HOW TO REPLACE THE FUSE

Open the fuse compartment with a screwdriver and replace the fuse.



IF THE FITTED MOULDED PLUG IS UNSUITABLE FOR THE SOCKET OUTLET IN YOUR HOME THEN THE FUSE SHOULD BE REMOVED AND THE PLUG CUT OFF AND DISPOSED OF SAFELY AND AN APPROPRIATE ONE FITTED. THERE IS A DANGER OF SEVERE ELECTRICAL SHOCK IF THE CUT OFF PLUG IS INSERTED INTO ANY 13 AMP SOCKET.

If a new plug is to be fitted, please observe the wiring code as shown opposite. If in any doubt, please consult a qualified electrician (For U.K. Models only).

**WARNING: THIS APPLIANCE MUST BE EARTHED.**

**IMPORTANT:** The wires in this mains lead are coloured in accordance with the following code: Green-and-yellow: Earth, Blue: Neutral, Brown: Live.

As the colours of the wire in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured GREEN-AND-YELLOW must be connected to the terminal in the plug which is marked with the letter E or by the Earth symbol or coloured GREEN or GREEN-AND-YELLOW.

The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter N or coloured BLACK.

The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter L or coloured RED.

To isolate the appliance from the electricity supply either switch off and remove the plug or switch off at the isolation switch.

**Voltage & Power**
The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage.

Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket.

The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface.

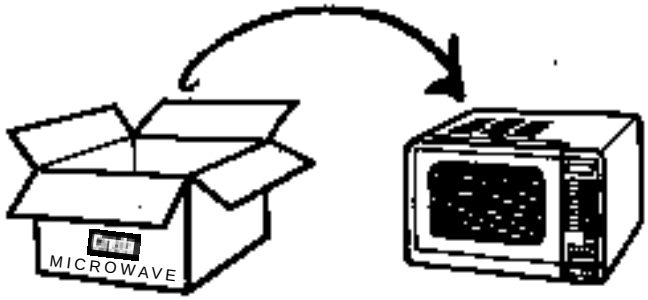
# Caution: Hot surfaces

1. **Hot Surfaces**
   Exterior oven surfaces, including air vents on the cabinet and the oven door, will get hot during CONVECTION, COMBINATION and GRILLING. Use care when opening or closing door and when inserting or removing food and accessories. The oven has a heater situated in the top of the oven. After using the CONVECTION, COMBINATION and GRILL functions the roof and walls will be very hot.

2. Children should be kept away from the oven at all times and should only be allowed to operate the oven under supervision. Ensure that children do not touch the hot outer casing after operation of the oven.

# Unpacking your oven

1. **Examine Your Oven**
   Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. Do NOT install if unit is damaged.




2. **Guarantee**
   Your receipt is your guarantee, please keep safely.

3. **Cord**
   If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.

**N.B.** The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a competent service technician.

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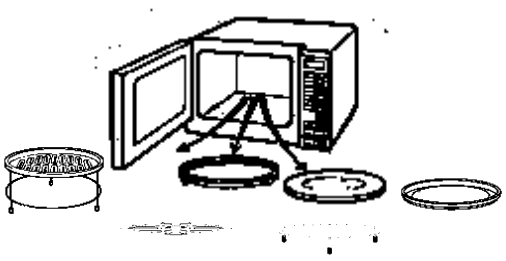
# Before using your oven

1. **Before Use**
   Before using CONVECTION, COMBINATION or GRILL function for the first time operate the oven without food and accessories (including glass turntable and roller ring) on CONVECTION 250 °C for 5 mins. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated empty.

   **CAUTION: Grill element and oven will be hot.**
   **DO NOT OPERATE THE OVEN EMPTY.**
   **(Apart from in point 1 above).**
   **The appliance must not be operated by Microwave or Combination WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.**

2. **Storage of Accessories**
   Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on. In case of electronic failure, oven can only be turned off at wall socket.

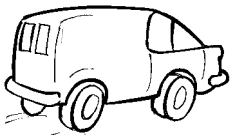


# Care & Cleaning of your Microwave Oven

1. Switch the oven off at the oven wall switch before cleaning and unplug at socket if possible.
2. Keep the inside of the oven, door seals and door seal areas clean. When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. The grill in the oven has a self-clean catalytic lining. It is therefore not necessary to clean the radiant grill element or above the grill in the roof of the oven.
4. After using CONVECTION, GRILL or COMBINATION cooking the enamel walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by CONVECTION, GRILL or COMBINATION. Stubborn spots inside the oven can be removed by using a small amount of branded conventional oven-cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. Avoid the microwave feed guide area, the roof of the oven, and the door. DO NOT SPRAY DIRECTLY INSIDE THE OVEN.
5. The outside oven surface should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
6. If the Control Panel becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
7. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
8. It is occasionally necessary to remove the glass turntable for cleaning. Wash the tray in warm soapy water. Do not place in the dishwasher.
9. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven, particularly the turntable spindle and the area surrounding this, with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or the roller ring wheels.
   After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.
10. When GRILLING or cooking by COMBINATION or CONVECTION some foods may splatter grease onto the enamel oven walls. If the oven is not cleaned to eliminate this grease, it can accumulate and cause the oven to ‘SMOKE’ during use. These marks will be more difficult to clean later.

# Maintenance of your oven

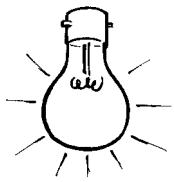
1. **Repair**
   IF YOUR OVEN REQUIRES A REPAIR please call 08709 066066. Microwave ovens are specialised appliances and repairs should only be carried out by competent service technicians. Do not attempt to remove the outer casing of the oven.



2. **Door Seals**
   Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven. The door seals and door seal areas should always be kept clean – use a damp cloth.

   **N.B.** The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a competent service technician.

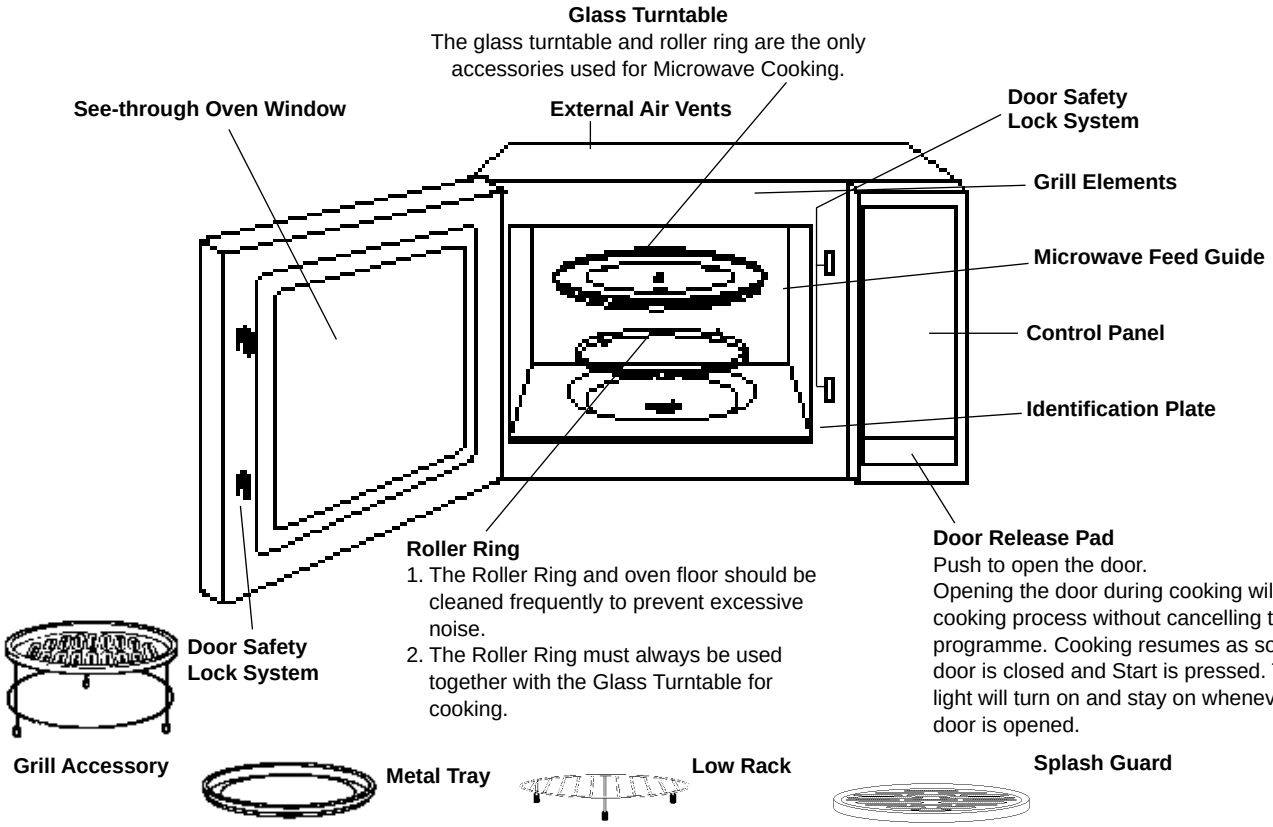
3. **Oven Light**
   The oven lamp must be replaced by a competent service technician. DO NOT attempt to remove the outer casing from the oven.



4. **Selected Spares and Accessories**
   These may be ordered direct; on line at www.theservicecentre.co.uk or by telephoning 08709 077077. Please ensure you quote the correct model number.

# Parts of Your Oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes on microwave only.
5. If food or utensil on Glass Turntable touches oven walls, causing the turntable to stop moving, it will automatically rotate in the opposite direction. This is normal. Open oven door, reposition the food and restart.
6. The Glass Turntable can rotate in either direction.
7. While cooking by MICROWAVE or COMBINATION, turntable may vibrate. This will not affect cooking performance.
8. The metal accessories provided must ONLY be used as directed for Grilling, Convection and Combination cooking. Never use them on microwave only. Do not use if operating the oven with less than 200g (7oz) of food on a manual Combination programme. FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN.
9. Arcing may occur if the incorrect weight of food is used, a metal container has been used incorrectly, or the accessories have been damaged. If this occurs, stop the machine immediately. You can continue to cook by GRILL OR CONVECTION ONLY.
10. Always refer to instructions for correct accessories to use on all programmes. The glass turntable and roller ring are the only accessories used for Microwave Cooking. For CONVECTION and COMBINATION cooking the metal tray must ALWAYS be in place on the glass turntable.


Glass Turntable
The glass turntable and roller ring are the only accessories used for Microwave Cooking.
See-through Oven Window
External Air Vents
Door Safety Lock System
Grill Elements
Microwave Feed Guide
Control Panel
Identification Plate
Roller Ring
1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. The Roller Ring must always be used together with the Glass Turntable for cooking.
Door Release Pad
Push to open the door.
Opening the door during cooking will stop the cooking process without cancelling the programme. Cooking resumes as soon as the door is closed and Start is pressed. The oven light will turn on and stay on whenever the door is opened.
Door Safety Lock System
Grill Accessory
Metal Tray
Low Rack
Splash Guard

# Important Information – Read Carefully

## Safety

If smoke or a fire occurs in the oven, press Stop/Cancel button and leave the door closed in order to stifle any flames.
Disconnect the power cord, or shut off power at the fuse or the circuit breaker panel.

## Short Cooking Times

As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food.

Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

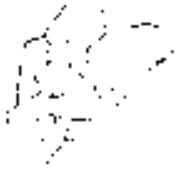
It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

**Important.**
If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

1. **Small Quantities of Food.**
   Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.

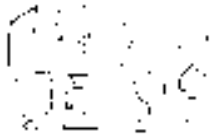
   **NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE OR COMBINATION.**

2. **Foods Low in Moisture.**
   Take care when heating foods low in moisture, e.g. bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long.

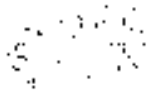
   

3. **Christmas Pudding.**
   Christmas puddings and other foods high in fats or sugar, e.g. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite.

4. **Boiled Eggs.**
   Do not boil eggs in their shell in your microwave. Raw eggs boiled in their shells can explode causing injury.

5. **Foods with Skins.**
   Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.

6. **Liquids.**
   When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling.

   This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

   a) Avoid using straight-sided containers with narrow necks.

   b) Do not overheat.

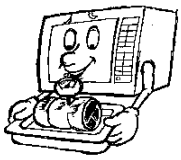
   c) Stir the liquid before placing the container in the oven and again halfway through the heating time.

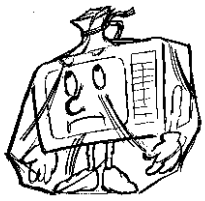
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

7. **Lids.**
   Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

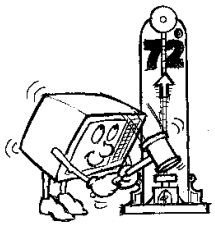
8. **Deep Fat Frying.**
   Do not attempt to deep fat fry in your oven.

# Important Information – Read Carefully

9. **Meat Thermometer.**

Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.

10. **Paper, Plastic.**

Carefully attend the appliance if paper, plastic or other combustible materials are used as containers or for covering. Do not use wire twist-ties with roasting bags as arcing will occur.

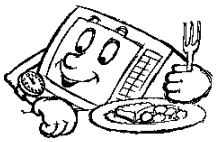
Do not use re-cycled paper products, e.g. Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

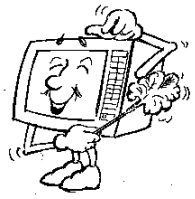
11. **Reheating.**


It is essential that reheated food is served “piping hot” and is reheated only once.

Remove the food from the oven and check that it is “piping hot”, i.e. steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72˚C with a food thermometer – but remember do not use this thermometer inside the microwave.)

For foods that cannot be stirred, e.g. lasagne, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer’s packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.

12. **Standing Time.**

Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, i.e. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots.

13. **Keeping Your Oven Clean.**

It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area and also the areas around the microwave feed guide situated on the right hand side of the cavity wall. The oven should be unplugged when cleaning.

14. **Grilling.**
The oven will only operate on the GRILL function with the door closed.

15. **Fan Motor Operation.**
After using the microwave oven, the fan motor may operate to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

16. **Containers.**
Before use check that utensils/containers are suitable for use in microwave ovens.

17. **Babies Bottles and Food Jars.**

When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked.

18. **Arcing**
Arcing may occur if a metal container has been used incorrectly, if the incorrect weight of food is used, or if the accessories have been damaged. Arcing is when blue flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine.

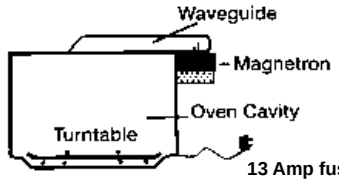
You can continue to cook by GRILL OR CONVECTION ONLY.

# Microwaving Principles

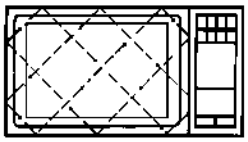
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources.

Manmade sources include radar, radio, television, telecommunication links and car phones.

## HOW MICROWAVES COOK FOOD




In a microwave oven, electricity is converted into microwaves by the MAGNETRON.



**REFLECTION**
The microwaves bounce off the metal walls and the metal door screen.

**TRANSMISSION**
Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.

**Microwave** **Water Molecule** **Absorption** **Vibration**

The microwaves cause the water molecules to vibrate which causes FRICTION, i.e. HEAT. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1½-2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

## IMPORTANT NOTES

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required!

MICROWAVES CANNOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS SHOULD NEVER BE USED IN A MICROWAVE, FOR COOKING ON MICROWAVE ONLY

### Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

Because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either.

### Boiled Eggs

Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury

## STANDING TIME

When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (Refer to page 9).

# General Guidelines

**STANDING TIME**

Dense foods e.g. meat, jacket potatoes and cakes, require a STANDING TIME (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely.

- MEAT JOINTS – Stand 15 mins. wrapped in aluminium foil.
- JACKET POTATOES – Stand 5 mins. wrapped in aluminium foil.
- LIGHT CAKES – Stand 5 mins. before removing from dish.
- RICH DENSE CAKES – Stand 15-20 mins.
- FISH – Stand 2-5 mins.
- EGG DISHES – Stand 2-3 mins.
- PRECOOKED CONVENIENCE FOODS – Stand for 5 mins.
- PLATED MEALS – Stand for 2-5 mins.
- VEGETABLES – Boiled potatoes benefit from standing 1-2 mins., however most other types of vegetables can be served immediately.
- DEFROSTING – It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat.

  If food is not cooked after STANDING TIME, return to oven and cook for additional time.

**PIERCING**

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc., will all need to be pierced before cooking. DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.

**MOISTURE CONTENT**

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. Jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased.

**CLING FILM**

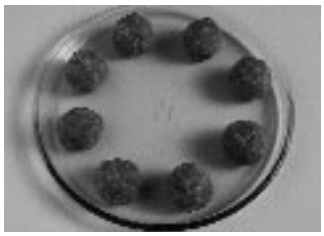
Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However it should be pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet “suitable for microwave cooking” and use as a covering only. Do not line dishes with cling film. Do not cover foods when cooking by Combination, Convection or Grill.

**DISH SIZE**

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.

**QUANTITY**

Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.

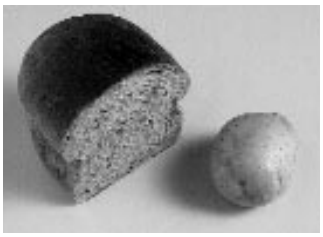


**SPACING**

Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.

**SHAPE**

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.



**DENSITY**

Porous airy foods heat more quickly than dense heavy foods.

**COVERING**

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items.

**ARRANGING**

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are to the outside.

**STARTING TEMPERATURE**

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.

**TURNING AND STIRRING**

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.

**LIQUIDS**

All liquids must be stirred **before** and **during** heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. DO NOT OVERHEAT.

**CHECKING FOOD**

It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAMME has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.

**CLEANING**

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded oven cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning. Avoid any plastic parts, the roof of the oven and door area.

# Containers to use

Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

**Testing Dishes for Suitability - For Microwave Cooking Only.**

When unsure that a cooking container is suitable for use in your microwave, check by the following test:

1. Fill a microwave safe measuring jug with 300ml (½pt) cold water.
2. Place it on the turntable alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.
3. Heat on HIGH power for 1 minute.

**Result**

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.

N.B. This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel.

**QUICK CHECK GUIDE TO COOKING UTENSILS**

OVEN GLASS

Everyday glass that is heat resistant e.g. Pyrex®, is ideal for Microwave, Convection or Combination cooking. DO NOT USE FOR GRILLING. Do not use delicate glass or lead crystal which may crack or arc.

CHINA AND CERAMIC

Everyday glazed china, porcelain or ceramic plates, bowls, mugs and cups can be used if they are heat resistant. Fine bone china should only be used for reheating for short periods. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt. If dishes are heat resistant they may be used on Convection and Combination but not directly under the Grill.

POTTERY, EARTHENWARE, STONEWARE

If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food.

FOIL/METAL CONTAINERS

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers on Microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven. Small items in shallow foil containers can be REHEATED in the microwave, as long as containers do not touch the oven walls or door. Foil and metal containers can be used on Grill and Convection modes and may be used with care during certain Combination cooking, as long as they are not damaged or dented.

PLASTIC

Many plastic containers are designed for microwave use, but do not use for cooking foods high in sugar or fat or for foods that require long cooking times e.g. brown rice.

Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. If heatproof they can be used for Convection or Combination cooking. DO NOT USE UNDER THE GRILL.

PAPER

Plain white absorbent kitchen paper (kitchen towel) can only be used for microwave cooking e.g. covering blind pastry cases and for covering bacon to prevent splattering. ONLY USE FOR SHORT COOKING TIMES. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.

Avoid kitchen paper containing manmade fibres. If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt. Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers, to stop splattering. White paper plates can be used for SHORT REHEATING TIMES, on Microwave only.

WICKER, WOOD, STRAW BASKETS

Dishes will crack and could ignite.
Do not use wooden dishes in your microwave.
DO NOT USE ON ANY COOKING MODE.

CLING FILM

Microwave cling film can only be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food. DO NOT USE ON ANY OTHER COOKING MODE.

ROASTING BAGS

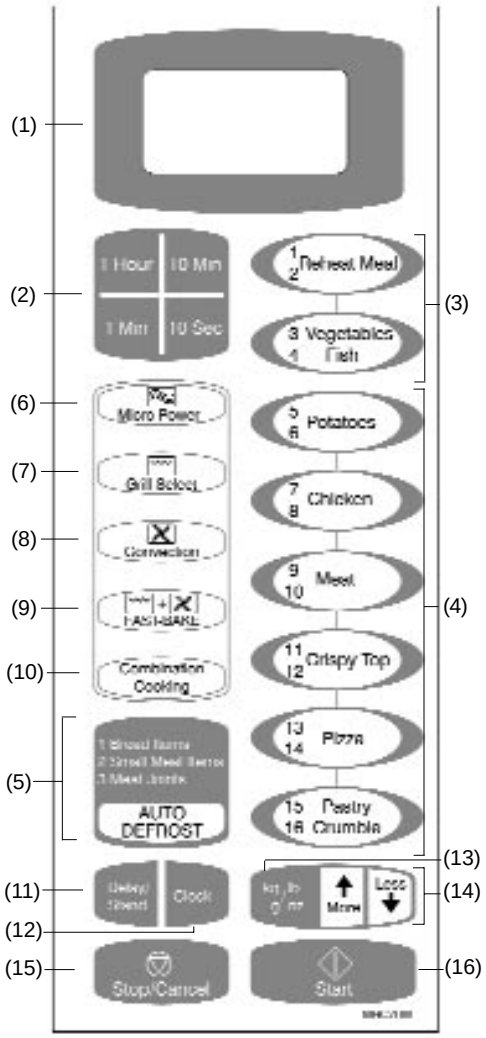
Roasting bags are useful when slit up one side to tent a joint, for roasting by power and time. Do not use the metal twists supplied, when using Microwave or Combination.

ALUMINIUM FOIL

Small amounts of smooth aluminium foil can be used to SHIELD joints of meat during defrosting and cooking by Microwave, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or over-defrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven. Aluminium foil can be used for Convection cooking.

# Control Panels

## MBC70




(1) **Display Window**

(2) **Time Pads**

(3) **Auto Weight Microwave Programmes**

(4) **Auto Weight Combination Programmes**

(5) **Auto Defrost Programmes**

(6) **Microwave Power Setting**

(7) **Grill Setting**

(8) **Convection Pad**

(9) **FAST-BAKE Pad**

(10) **Combination Pad**

(11) **Delay/Stand Pad:**
This can be used to delay a cooking programme for up to 9 hrs
99 mins., or used to time or for standing (non-cooking) time.

(12) **Clock Pad:**
Refer to page 15 for setting the clock.

(13) **Kg/g lb/oz Conversion Pad**

(14) **Weight Selection Pads**

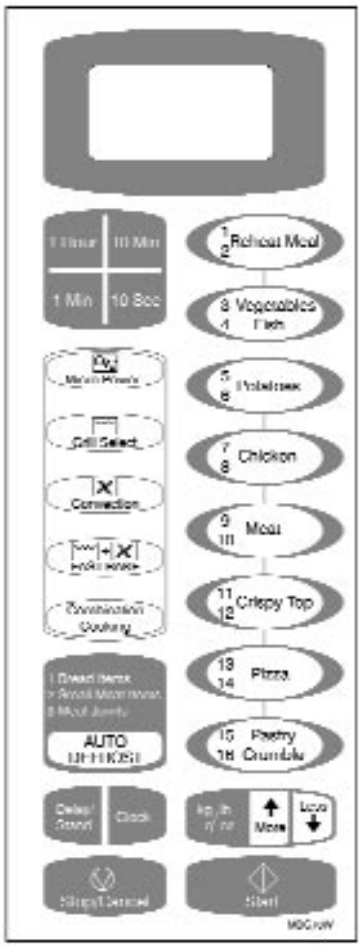
(15) **Stop/Cancel Pad:**
**Before Cooking:**
one press clears your instructions.
**During Cooking:**
one press temporarily stops the cooking programme. Another press cancels all your instructions and the time of day will appear in the display.

(16) **Start Pad:**
Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Pad is pressed once, Start Pad has to be pressed again to continue cooking.

**Bleep Sound:**
A bleep sounds when a pad is pressed. If this bleep does not sound, the setting is incorrect. When the oven changes from one function to another, two bleeps sound. After completion of cooking, five bleeps sound.

# Let’s Start to Use your Oven

MBC70




## 1 Plug in

Plug into a 13 amp fused electrical socket. You will be reminded to read your operating instructions.

## 2 Press Clock Pad

Set clock as a 12hr clock. Set time using time pads. Press clock pad again. (See page 15 for details).

## 3 Press Convection Pad

(This procedure is to burn off the oil used for rust protection in the oven.) Keep pressing this pad until 250C is in the display window. Remove all accessories from the oven.

## 4 Press Time Pad

Press 1 min pad until 5 minutes is displayed in the window.

## 5 Press Start Pad

The time will be displayed in the window and count down. The oven will beep at the end of the programme. The oven is now ready to use. Caution: Grill elements and oven will be hot.

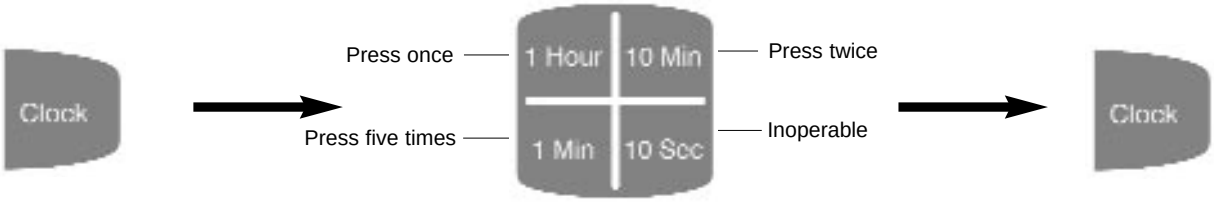
## 6 Demonstration Mode

This is to enable you to experiment setting various programmes. (The letter D will always appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To select this mode press the clock pad three times. “Demo mode press any key” will appear. To cancel press the clock pad a further three times.

## 7 Child Lock

To operate the child lock facility press the Start pad three times, this will deactivate the microwave. “Lock” will appear in the display and none of the controls will operate. To clear child lock facility press Stop/Cancel three times.

# Setting the Clock




- **Press Clock Pad**

"SET TIME" will appear in the display window, and the colon starts to blink.

- **Press Time Pads**

Enter time of day by pressing Time Pads e.g. 1.25pm (12hr clock).

- **Press Clock Pad**

Colon stops blinking. Time of day is now locked into the display.

**N.B.**
1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. <u>This is a 12 hour clock.</u>

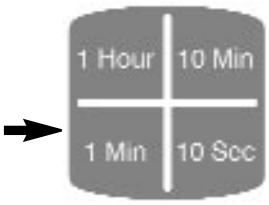
# Microwave Cooking and Defrosting

There are 6 different microwave power levels available.

### Selecting Microwave Power Level

- Press this pad until the power you require appears in the display window.

| Press | Power Level | Wattage |
|---|---|---|
| once | High | 1000 W |
| twice | Defrost | 270 W |
| 3 times | Medium | 600 W |
| 4 times | Low | 440 W |
| 5 times | Simmer | 250 W |
| 6 times | Warm | 100 W |




- Select Cooking Time.

- Press Start.

**CAUTION: The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.**

**N.B.**
1. Maximum time that can be set on HIGH power is 30 min.
2. On all Power Levels, except HIGH power, the maximum time that can be set is 99 minutes, 90 seconds. The 1h pad is inoperable.

# Microwave Cooking and Defrosting

**ACCESSORY TO USE:**

When using your oven on MICROWAVE only, the glass turntable provided must always be in position. DO NOT attempt to use microwave only with any metal accessory in the oven.

DO NOT place food directly onto the turntable except in the case of Jacket Potatoes cooked by MICROWAVE only.

Foods reheated or cooked by MICROWAVE only are normally covered with a lid or cling film, unless otherwise stated.

**Two Stage Cooking:**
e.g. High power 10 minutes followed by Simmer power 20 minutes; Select High power and programme 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start.

**Three Stage Cooking:**
e.g. High power 5 minutes, Delay 5 minutes, High power 2 minutes; Select first Power level and cooking time, then press DELAY and time, then select final power level and final cooking time. Then press Start.

# Auto Defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight can be programmed in pounds and ounces or kilogrammes and grams. The weight starts from the minimum weight for each category.

- Select the desired programme by pressing pad once, twice or three times.
- Press to select kg, g or lb and oz.
- Enter the weight by pressing the More & Less pads. The “More” pad will start with the minimum weight for each food.
- Press Start.

| Programme | Weight Range | Suitable Foods |
|---|---|---|
| 1 Bread Items | 100 - 800g (4oz - 1lb 12oz) | Bread and rolls. Turn at bleep. |
| 2 Small Meat Items | 200 - 1200g (7oz - 2lb 10oz) | Small pieces of meat, minced meat, chicken portions, steaks, chops. Turn at bleeps. |
| 3 Meat Joints | 400 - 2000g (14oz - 4lb 6oz) | Whole chicken, meat joints. Turn at bleeps and shield. |

# Auto Defrost Programmes

This feature allows you to defrost items such as minced meat, chops, chicken portions, meat joints and bread.

The AUTO DEFROST pad should be pressed to select the correct category and then enter in the weight of the food in kilogrammes, grams or pounds and ounces using the appropriate pads (See page 16).

Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a rack. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

**The Intelligent Wave Technology** used in AUTO DEFROST programmes gives you a quick and more even defrost.

The Intelligent Wave Technology uses a random sequence of pulsing microwave energy which speeds up the defrosting process.

During the programme the oven will bleep to remind you to check the food.
**IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY. (See page 18).**

On hearing the first bleep you should TURN and SHIELD (if possible). On the second bleep you should turn the food or break it up.

**1st Bleep**

**Turn**

**or**

**1st Bleep**

**Shield**

**2nd Bleep**

**Turn or break up**

**CATEGORY 1** BREAD ITEMS

The Bread Programme is suitable for defrosting small items e.g. rolls, buns and slices of bread which are required for immediate use. Small items may feel warm immediately after defrosting. Loaves can also be defrosted on this programme but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. THIS PROGRAMME IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS e.g. cheesecake.

**CATEGORY 2** SMALL MEAT ITEMS (MINCE/CHOPS/CHICKEN PORTIONS)

It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Chops and chicken portions should be arranged in a single layer and turned frequently.

**CATEGORY 3** MEAT JOINTS/WHOLE CHICKENS

Meat joints and chickens will require shielding during defrosting especially if they are particularly fatty pieces. This is to prevent over defrosting on the outside edges. Smooth foil secured with cocktail sticks should be used. DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN. Back fat of joints, legs, wings and breast bones need shielding (see photograph above). Standing time of at least 1 hour should be allowed (rolled joints may require longer) before cooking to ensure the centre is fully defrosted.

# Defrosting Guidelines

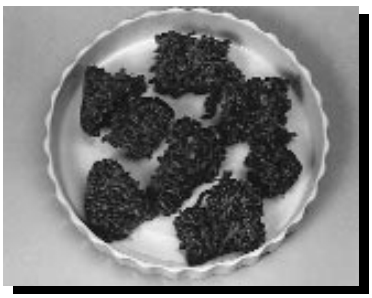
By selecting the DEFROST power level from the microwave power pad, and setting a time, you can defrost food in your microwave. The biggest problem is getting the inside defrosted before the outside starts to cook.

For this reason the defrost programme alternates between a defrost power and a standing time. The name for this type of defrost is cyclic and during the standing stages there is no microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.

Separate chops and small items e.g. bread slices where possible.

Chickens and joints of meat will require shielding during defrosting.

Turn dense foods and meat 2/3 times during defrosting.



Break up small items e.g. minced meat, frequently during defrosting.

## TIPS

1 *Check foods during defrosting. Foods vary in their defrosting speed.*

2 *It is not necessary to cover the food.*

3 *Always turn or stir the food especially when the oven "bleeps". Shield if necessary (see point 5).*

4 *Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.*

5 *Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks.*

6 *Allow standing time so that the centre of the food thaws out.*
*(minimum 1 hour for joints of meat and whole chickens)*

# Defrosting Foods Using Defrost Power & Time

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

| Meat | Defrosting Time | Method | Standing Time |
|---|---|---|---|
| Beef/Lamb/<br>Pork Joint | 14-16 mins<br>450g (1lb) | Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield | 60 mins. |
| Minced Beef | 12 mins<br>450g (1lb) | Place in a suitable dish.<br>Break up and turn 3-4 times. | 15 mins. |
| Chops | 10 mins<br>450g (1lb) | Place in a suitable dish in a single layer.<br>Turn twice. Shield if necessary. | 15 mins. |
| Sausages | 12 mins.<br>450g (1lb) | Place in a suitable dish in a single layer.<br>Turn twice. Shield if necessary. | 15 mins. |
| Bacon | 6-7 mins<br>450g (1lb) | Place in a suitable dish in a single layer.<br>Turn twice. Shield if necessary. | 10 mins. |
| Stewing Steak | 12 mins.<br>450g (1lb) | Place in a suitable dish.<br>Break up frequently. | 15 mins. |
| Chicken | 13 mins.<br>450g (1lb) | Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield. | 60 mins. |
| Chicken Portions | 10-12 mins.<br>450g (1lb) | Place in a suitable dish in a single layer.<br>Turn twice. Shield if necessary. | 30 mins. |
| **Fish** | | | |
| Whole | 9-10 mins.<br>450g (1lb) | Place in a suitable dish.<br>Turn twice. Shield. | 15 mins. |
| Fillets/Steak | 7-8 mins.<br>450g (1lb) | Place in a suitable dish.<br>Turn twice, separate if necessary. | 15 mins. |
| Prawns | 6-7 mins.<br>450g (1lb) | Place in a suitable dish.<br>Stir twice during defrosting. | 10 mins. |
| **General** | | | |
| Bread Sliced | 5 mins.<br>400g (14oz) | Place on the turntable.<br>Separate and rearrange during defrosting. | 10 mins. |
| Slice of bread | 30 sec.<br>30g (1oz) | Place on the turntable on a piece of kitchen paper. | 1-2 mins. |
| Pastry | $5^{1}/_{2}$ mins.<br>450g (1lb) | Place on a plate.<br>Turn over half way. | 10-15 mins. |
| Soft Fruit | 6-7 mins.<br>450g (1lb) | Place in a suitable dish.<br>Stir twice during defrosting. | 10 mins. |

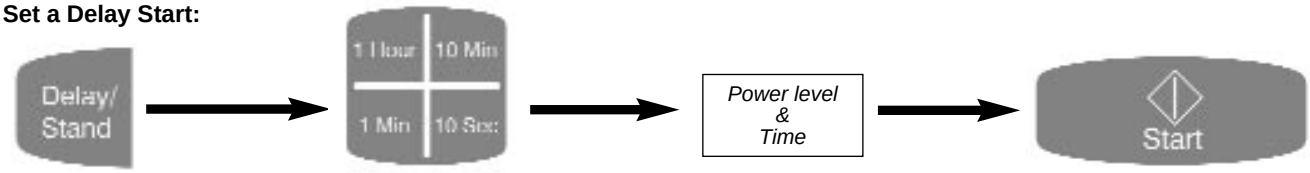
# Using the the Delay/Stand Feature

The Delay/Stand Pad is used as a timing pad either before, during or after a cooking programme. When the Delay/Stand Pad is selected with a time, there is no microwave power in the oven during this time.

**1. To Set a Standing Time:**

- Set the desired Cooking Programme, by selecting power level and time required.
- Then Press the Stand Pad.
- Set desired standing time (max 9hrs 99mins) (10 sec. pad is inoperable). An "H" will appear in the display to denote hours.
- Press Start Pad. Cooking programme will commence after which the standing time will count down.

**2. To Set a Delay Start:**




- Press the Delay Pad
- Set Delay time (max 9hrs 99mins) (10 sec. pad is inoperable). An "H" will appear in the display to denote hours.
- Set the complete cooking programme, by entering power level and time required.
- Press Start Pad. Delayed time will count down then the cooking programme will start.

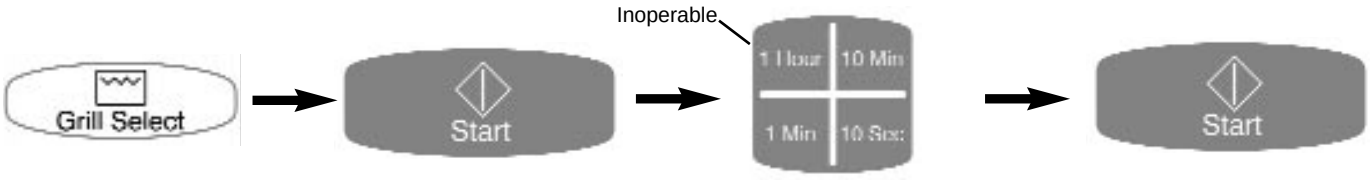
**NB**

1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down.
2. Delay Start cannot be used before an Auto Programme.

# Grilling

The radiant Grill system on the oven gives efficient cooking for a wide variety of foods e.g. chops, sausages, steak, toast, oven chips etc.

**ALWAYS PREHEAT THE GRILL BEFORE USE.**
The metal tray must be on the glass turntable when preheating.




- **Select Grill power.** Press once for Grill 1 (High), twice for Grill 2 (Medium) or three times for Grill 3 (Low).
- **Press Start to preheat.** "P" will appear in the display window. When the grill is preheated the oven will bleep and the "P" will flash. Then open the door and place the food inside.
- **Press Time pads** to enter cooking time. Maximum time is 99 mins., 90 secs. 1 h pad is inoperable.
- **Press Start.** The cooking programme will start and the time in the display will count down.

**NOTE:** The Grill will only operate with the oven door closed, and there is no microwave power on the GRILL only programme.

## GRILLING TIMES

When using the grill to cook foods, once the grill is preheated the cooking times will be similar to traditional grilling. Most foods will require turning halfway through the cooking time (see section on oven accessories page 22).

The Grill has three variable settings, Grill 1 (High), Grill 2 (Medium) and Grill 3 (Low). **GRILL 1 WILL BE THE HOTTEST.**

**CAUTIONS:**
**The oven will automatically work on HIGH microwave power if a cooking time is entered without the Grill level previously being selected.**

**THE GRILL ACCESSORY AND SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.**

# Grilling

## OVEN ACCESSORIES TO USE

**When grilling foods the Glass Turntable should be in position, with the Metal Tray, then the Splash Guard and the Grill Accessory on top.**

Place food on Grill Accessory on Splash Guard in the Metal Tray on the Turntable.

The Grill Accessory will allow fat to drip through into the Metal Tray while the Splash Guard sitting in the Metal Tray will prevent excess splatter and smoke when grilling steaks, chops and other fatty foods.

Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove the Metal Tray, Splash Guard and Grill Accessory by holding the accessories firmly. Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven.

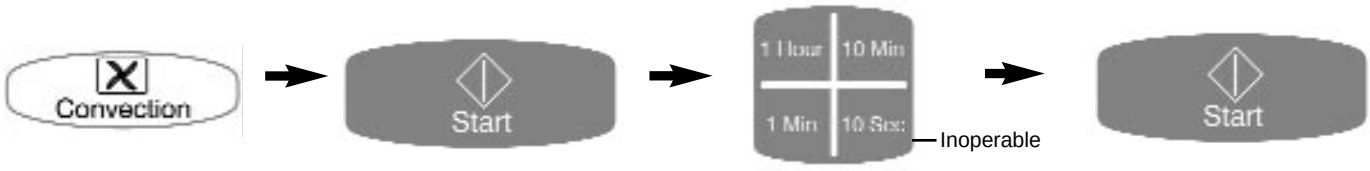
After turning, return food to the oven, close door and press START. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.

## GUIDELINES

1. There is no microwave power on the GRILL only programme.
2. Use the accessories provided, as explained above.
3. The Grill will only operate with the oven door closed.
4. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting - GRILL 1.
5. GRILL 2 and GRILL 3 are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.
6. ALWAYS PREHEAT THE GRILL WITH THE METAL TRAY ON GLASS TURNTABLE.
7. NEVER COVER THE FOOD WHEN GRILLING.
8. ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES AFTER GRILLING AS THE OVEN AND ACCESSORIES WILL BE VERY HOT.
9. After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN DISH WASHER.

# Convection Cooking

Your Microwave Oven can be used as a conventional oven by using the CONVECTION mode which incorporates a heating element with a fan.
For best results always place food in a preheated oven.
The Metal Tray must be on the Glass Turntable when preheating.




- Press to select oven temperature. The oven starts at 150 °C and then for each press the temperature will count up in 10 °C stages to 250 °C, then to 40 °C, 100 °C, 110 °C etc.
- Press Start to preheat. A “P” will appear in the display window. When the oven is preheated the oven will bleep and the “P” will flash. Then open the door and place the food inside.*****
- Press Time Pads to enter cooking time. Maximum cooking time is 9 hours, 99 minutes. The 10 sec pad is inoperable.
- Press Start Pad.

*** Note:** Open the door using the Door Release Pad, because if the Stop/Cancel Pad is pressed the programme may be cancelled. Then if the time was entered the oven would revert to cooking on microwave only.

The oven will maintain the selected temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking programme and revert to time of day.

**CAUTIONS:**

**The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the oven temperature previously being selected.**

**THE ACCESSORIES AND THE SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.**

# Convection Cooking

## OVEN ACCESSORIES TO USE

**When using the convection oven the Glass Turntable should be in position and must have the Metal Tray placed on top.**

The food is then placed on the Low Rack or directly onto the Metal Tray. When cooking meat or other fatty foods ensure that the Splash Guard is also in position. Follow your individual recipe guidelines.

**Roasting Meat:** Glass Turntable, Metal Tray, Splash Guard and Low Rack.

**Baking:** Glass Turntable, Metal Tray, Low Rack.

When using the oven as a CONVECTION oven, there is NO MICROWAVE POWER, i.e.. the oven is operating as a conventional oven and you can use all your standard metal baking tins and ovenware.

If a very large dish is used that will not turn on the Turntable then the Roller Ring and Turntable should be removed, the Low Rack should be placed directly onto the base of the oven floor and the food must be carefully placed on the low rack and turned manually during cooking.

It is not recommended to cook on more than one level when using the CONVECTION oven. When cooking 2 trays of buns etc, cook in two batches.

## Guideline to Oven Temperatures

| TEMP °C | USE | TEMP °F | GAS MARK | TEMP °C | USE | TEMP °F | GAS MARK |
|---|---|---|---|---|---|---|---|
| 40°C | Proving Bread | 90°F | 1/8 | 180°C | Souffle, Victoria Sandwich | 350°F | 4 |
| 100°C | Pavlova | 200°F | 1/4 | 190°C | Lemon Meringue Pie, Mince Pies, Treacle Tarts, Stuffed Chicken, Roulades | 375°F | 5 |
| 110°C | Meringues | 225°F | 1/4 | | | | |
| 120°C | Slow drying Herbs | 250°F | 1/2 | | | | |
| 130°C | Large Rich Fruit Cakes | 275°F | 1 | 200°C<br>210°C<br>220°C | Choux Pastry, Scones, Bread, Sausage Rolls, Vol-au-Vents, Roast Potatoes, Yorkshires | 400°F<br>425°F | 6<br>7 |
| 140°C<br>150°C | To start Rich Fruit Cakes (then reduce) | 300°F | 2 | | | | |
| 160°C<br>170°C | Gingerbread, Biscuits Shortbread, Small Tarts | 325°F | 3 | 230°C<br>240°C<br>250°C | Biscuits | 450°F<br>475°F | 8-9 |

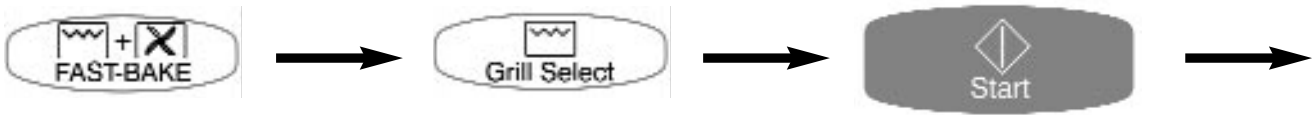
For best results always place food in a preheated oven.
Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150°C and count up in 10°C stages to 250°C, then back to 40°C, 100°C and 110°C etc.
Food is generally cooked UNCOVERED - unless it is a casserole or you wish to use roasting bags for joints.

# FAST-BAKE Cooking

The oven can be programmed to cook or reheat food by the grill and the convection oven working simultaneously, to give foods that extra crispness and colour. This is known as FAST-BAKE and can often reduce traditional oven cooking times.

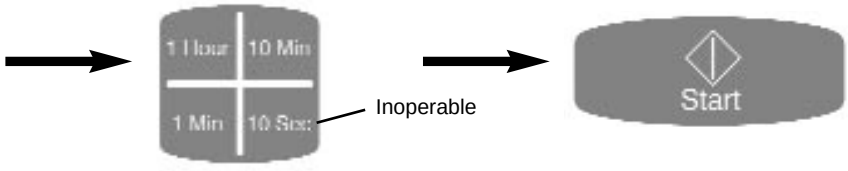
**ALWAYS PREHEAT BEFORE USE**.

The Metal Tray must be on the Glass Turntable when preheating.




- Press to select oven temperature. The oven starts at 150°C, and then for each press the temperature will count up in 10°C stages to 250°C, then to 100°C, 110°C etc.
- Press to select Grill power, if you wish to adjust from Grill 2 (Medium) to select Grill 3 (Low), or Grill 1 (High).
- Press Start to preheat. “P” will appear in the display window. When the oven is preheated the oven will bleep and the “P” will flash. Then open the door and place the food inside.*

***NOTE:** Open the door using the door release pad, because if the STOP/CANCEL pad is pressed the programme may be cancelled. Then if the time was entered the oven would revert to cooking on Microwave only.




- Press Time Pads to enter cooking time. Maximum time is 9 hours, 99 minutes. The 10 sec. pad is inoperable.
- Press Start.

**CAUTIONS:**

**The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the oven temperature and Grill setting previously being selected.**

**THE ACCESSORIES AND THE SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.**

# FAST-BAKE Cooking

## OVEN ACCESSORIES TO USE

**When using FAST-BAKE the Glass Turntable should be in position and must have the Metal Tray placed on top.**

Food can be placed on the Low Rack or Grill Accessory - see individual recipe for guidelines. When cooking meat or fatty foods, the Splash Guard should be placed inside the Metal Tray, but underneath the Low Rack (see below).

The Splash Guard reduces splattering of hot fat from the otherwise open Metal Tray.

Individual small items can be placed on the Grill Accessory, then the Splash Guard and Metal Tray on the Glass Turntable.

## GUIDELINES

Always place food in a preheated oven.

Food is cooked UNCOVERED.

DO NOT USE PLASTIC CONTAINERS.

**Using FAST-BAKE can reduce traditional oven cooking times** (see table below).

| FOOD | WEIGHT | TRADITIONAL OVEN | FAST-BAKE |
|---|---|---|---|
| Cheese and Tomato Thin and Crispy Pizza | 350 g | 10-12 mins.<br>200°C | 5-6 mins.<br>250°C + Grill 1 |
| Southern Fried Chicken portions | 800 g | 30-35 mins.<br>200°C | 20 mins.<br>250°C + Grill 1 |
| Chicken Samosas | 200 g | 14 mins.<br>200°C | 10 mins.<br>220°C + Grill 2 |
| Chargrilled Vegetable Ciabatta | 355 g | 14 mins.<br>200 °C | 10 mins.<br>250°C + Grill 2 |

# Combination Cooking

Your oven has three methods of cooking by Combination.
1. Convection and Microwave 2. Grill and Microwave 3. FAST-BAKE and Microwave

COMBINATION cooking is ideal for many foods. The microwave power cooks them quickly, whilst the oven, grill or both gives the traditional browning and crispness.

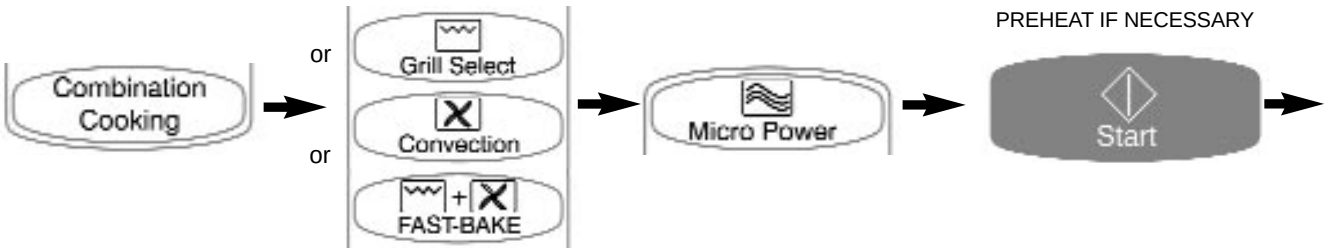
All this happens simultaneously resulting in most foods being cooked in $^{1}/_{2}$-$^{2}/_{3}$ of the conventional cooking time.

There is no need to preheat on COMBINATION programmes, **EXCEPT when cooking pastry** and using a COMBINATION programme of Grill and Microwave.

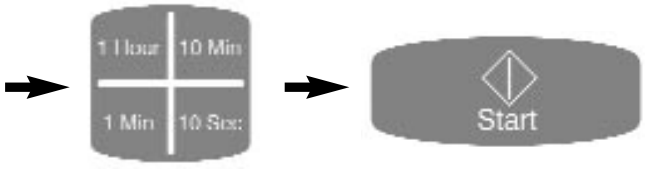
It is possible to use smooth seamed metal tins and foil containers on COMBINATION but they must be placed directly onto the metal tray on the glass turntable. They must not be placed directly onto the Low Rack, or arcing will occur.

If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the programme immediately and change the container or re-programme to CONVECTION only.

To cook successfully by COMBINATION you should always use a minimum of 200 g (7oz) food. Small quantities should be cooked by Convection, Grill or FAST-BAKE.




- Press Combination pad.
- Select first cooking mode.
- Select microwave power. Options available depend on first cooking mode selected.
- Press if preheating.*




- Set cooking time. 10 sec. pad is inoperable.
- Press Start pad.

**CAUTIONS:**

**The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.**

**Take care to use oven gloves when removing dishes from the oven - especially when turning or stirring foods as the oven walls and roof will be very hot.**

*** NOTE:**
When placing food in the oven after preheating, just open the door using the Door Release Pad, because if STOP/CANCEL Pad is pressed the programme may be cancelled. Then, if the time was entered, the oven would revert to cooking on microwave only.

**CONTAINERS TO USE**

DO NOT use plastic MICROWAVE containers on Combination Programmes (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill - heatproof glass e.g. Pyrex® or ceramic are ideal. But do not put dishes on Grill Accessory directly under the grill, use the Low Rack.

**OVEN ACCESSORIES**

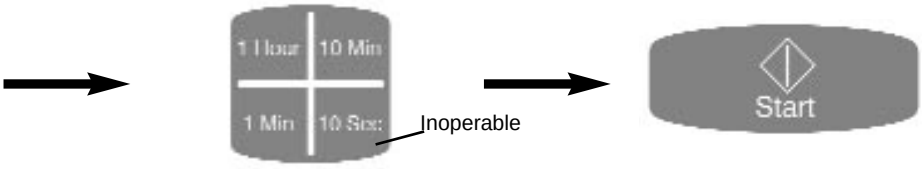
**When using any Combination cooking programme the Glass Turntable should be in position and must have the Metal Tray placed on top.**

# Combination 1. Convection and Microwave

This is the most popular combination mode combining convection heat with microwave power. Casseroles, meat joints, jacket potatoes and pastries are very successful using this combination. Unsuitable foods are those which contain whisked eggs, meringues, rich fruit cakes, biscuits and yorkshire puddings.

It is not necessary to preheat except when cooking pastry dishes, when you will achieve a better result. Preheat oven to 210°C on Convection before selecting a Combination programme.

- Press Combination Pad.
- Press to select oven temperature. The oven starts at 150°C, and then for each press the temperature will count up in 10°C stages to 250°C, then to 100°C, 110°C etc.
- Press Micro Power Pad to select Microwave setting. HIGH & DEFROST are not available.




- Press to enter required cooking time. 10 sec pad is inoperable.
- Press Start Pad.

**CAUTION:**

**The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the power level previously being selected.**

## OVEN ACCESSORIES TO USE

**When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top.**

Non-metallic dishes or items of food can be placed directly onto the Low Rack on the Metal Tray on the Glass Turntable. Small items should be placed in a heatproof dish on the Low Rack.

Joints and portions of meat should be placed on the Low Rack with Splash Guard on the Metal Tray on the Glass Turntable.

Recipes using foil or metal containers e.g. cakes and pastries should be placed directly onto the Metal Tray on Glass Turntable.

# Combination 1. Convection and Microwave

**GUIDELINES**

- Food is usually cooked UNCOVERED.
- After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

The chart below gives suggestions for Combination programmes. For cooking times refer to cooking charts or a similar recipe in the book. It is not possible to use HIGH or DEFROST Microwave Power in this mode.

| **Press Combination Pad first, then select CONVECTION temperature. Lastly, select Microwave Power and set cooking time.** | | |
|---|---|---|
| **Oven Temperature** | **Microwave Power** | **Use** |
| 230°C | WARM | **Cooking:** Chicken Portions and Breasts, Crisp Jacket Potatoes, Chops<br>**Reheating:** Pizza, Garlic Bread, Savouries |
| 220°C | SIMMER | **Cooking:** Pastry Pies and Plaits, Pizza, Bread, Chicken Portions in breadcrumbs, Sweet Crumbles, Cobblers<br>**Reheating:** Lasagnes, Cannelloni, Cauliflower Cheese |
| 190°C | WARM | **Cooking:** Quiche, Custard Tarts, Sponge-based Puddings, Bread and Butter Pudding |
| 190°C | SIMMER | **Roasting:** Chicken, Duck, Turkey<br>**Cooking:** Savoury Crumbles, Lasagnes, Potato Topped Pies |
| 170°C | LOW | **Roasting:** Joints of Pork, Lamb and Beef well done |
| 160°C | WARM | **Cooking:** Cakes (e.g. Madeira, Light Fruit etc.) Casseroles, Rice Puddings, Meat Terrines |

Foods should always be cooked until browned and piping hot.

**CAUTION:**

**ALWAYS USE OVEN GLOVES WHEN REMOVING DISHES FROM THE OVEN - ESPECIALLY WHEN TURNING OR STIRRING FOODS, AS THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT.**

# Combination 2. Grill and Microwave

This Combination mode is suitable for foods which are normally grilled and for reheating small savoury items.

Do not use this programme with less than 200 g (7 oz) of food.

**It is necessary to preheat when using this Combination mode** and food should always be cooked uncovered.

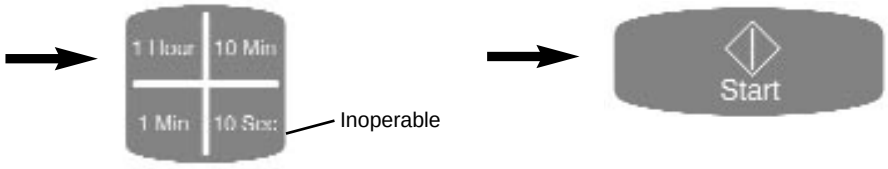
Grill 1 - HIGH
Grill 2 - MEDIUM
Grill 3 - LOW

## To Preheat Grill

- Press Combination Pad.
- Select Grill Power. Press once for Grill 1 (High), twice for Grill 2 (Medium) or three times for Grill 3 (Low).
- Select Microwave Power. Keep pressing this pad until the power you require appears in the display window. Options available depend on Grill Power selected.
- Press Start to preheat. “P” will appear in display window. When grill is preheated “P” will flash and oven will bleep. Just open the door and place food inside.*****

**NOTE:** If you preheat the Grill as shown above the Microwave Power will not operate until the time pads are entered.

* After preheating just open the oven door and place food inside. Do not press Stop/Cancel Pad as you may cancel the programme, then if time is entered the oven would revert to cooking on Microwave only.




- Press to enter required cooking time. 10 sec. pad is inoperable.
- Press Start Pad.

**CAUTION:**

**The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the power level previously being selected.**

# Combination 2. Grill and Microwave

## OVEN ACCESSORIES TO USE

**When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top.**

Food should be placed directly onto the Grill Accessory which stands on the Splash Guard inside the Metal Tray. This is then placed on the Glass Turntable.

## GUIDELINES

- Food is always cooked UNCOVERED.
- To turn food just press the door release pad, remove the Metal Tray and Grill Accessory, turn the food, return to the oven, close the door and press START pad. The oven will continue to countdown the remaining cooking time.
- After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

We suggest the following options for this Combination mode.

| Grill Setting | Microwave Power | Use |
|---|---|---|
| 1 | WARM | Sausages, Frozen Potato Products |
| 2 | SIMMER | Frozen Breaded Fish |
| 3 | SIMMER | Reheating snacks |
| 3 | WARM | Reheating small pastry items |

For advice on cooking times refer to cooking charts and recipes in this book.

Foods should always be cooked until browned and piping hot.

**CAUTION:**

**ALWAYS USE OVEN GLOVES WHEN REMOVING DISHES FROM THE OVEN - ESPECIALLY WHEN TURNING OR STIRRING FOODS, AS THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT.**

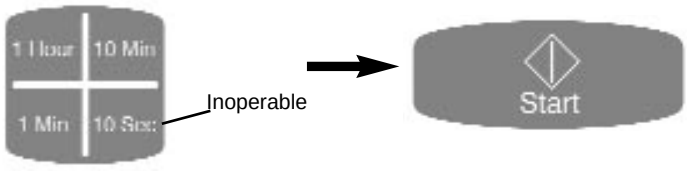
# Combination 3. FAST-BAKE and Microwave

This Combination mode is very useful for foods which require quick browning or crisping.

Unsuitable foods are casseroles, cakes, meringues, pastries with sweet fillings, foods containing whisked eggs and yorkshire puddings.

It is not necessary to preheat and food should always be cooked uncovered.

- Press Combination Pad.
- Press to select oven temperature. The oven starts at 150°C, and then for each press the temperature will count up in 10°C stages to 250°C, then to 100°C, 110°C etc.
- Press to select Grill Power, if you wish to adjust from Grill 2 (Medium) to Grill 3 (Low) or Grill 1 (High).
- Press to select Microwave Power. The options available will depend on the other cooking modes previously selected.




- Press to enter required cooking time. The 10 sec. pad is inoperable.
- Press Start Pad.

**CAUTION:**

**The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the power level previously being selected.**

# Combination 3. FAST-BAKE and Microwave

## OVEN ACCESSORIES TO USE

**When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top.**

Non-metallic dishes or items of food can be placed directly onto Low Rack on the Metal Tray on the Glass Turntable. Small items should be placed in a heatproof dish on the Low Rack.

Food should be placed directly onto the Grill Accessory with the Splash Guard and Metal Tray on the Glass Turntable.

## GUIDELINES

- Food is always cooked UNCOVERED.
- After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

We suggest the following options for this Combination mode.

| FAST-BAKE (Oven temp) | Grill | Microwave Power | Use |
|---|---|---|---|
| 220°C | 1 | WARM | Small items normally grilled |
| 220°C | 2 | WARM | As above but denser items |
| 220°C/230°C | 3 | LOW | Reheating savoury items |
| 250°C | 3 | SIMMER | Frozen potato products, flapjacks |
| 230°C | 3 | WARM | Reheating foods with high sugar/fat content |

For advice on cooking times refer to cooking charts and recipes in this book.

Foods should always be cooked until browned and piping hot.

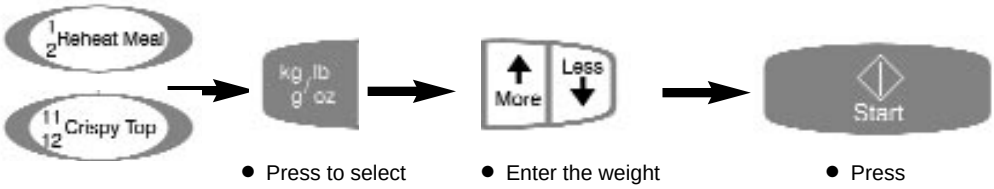
**CAUTION:**

**ALWAYS USE OVEN GLOVES WHEN REMOVING DISHES FROM THE OVEN - ESPECIALLY WHEN TURNING OR STIRRING FOODS, AS THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT.**

# Auto Weight Cook Programmes

This feature allows you to cook or reheat sixteen foods by setting the weight only. The oven determines the Microwave power level and/or Combination setting, then the cooking time automatically. Select the category of food and then just enter the weight. The weight can be entered in kilogrammes, grams or pounds and ounces.

- Select the desired Auto Weight Programme, by pressing the pad.
  The pad can be pressed once or twice to select one of the two programmes available.




- Press to select kilogrammes, grams or pounds and ounces.
- Enter the weight by pressing the up and down pads.
- Press Start.

# Guidelines for Use

The Auto Weight Programmes are designed to take the guesswork out of cooking or reheating your food. They must ONLY be used for foods described.

1. Only cook foods within the weight ranges described (see table below).
2. Only use the accessories as indicated on pages 35 and 36.
3. Do NOT cover food unless stated, as programmes 5 - 16 use a Combination of Microwave and Grill and/or Convection, and it will prevent the food from browning. The heat of the grill and/or oven will also melt any plastic covering.
4. Most foods benefit from a STANDING time after cooking on an Auto Programme, to allow heat to continue conducting to the centre.
5. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.
6. ALWAYS weigh the chicken, DO NOT rely on the packet weight. Remove leg tips if necessary for easy rotation of large chickens.

## Minimum/Maximum Weights to use on Auto Weight Programmes

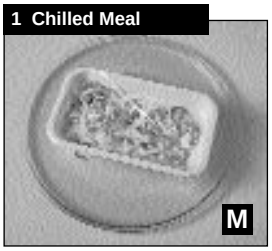
| Programme | Minimum | Maximum |
|---|---|---|
| Chilled Meal | 300 g (11oz) | 600 g (1lb 5oz) |
| Frozen Meal | 300 g (11oz) | 600 g (1lb 5oz) |
| Fresh Vegetables | 100 g (4oz) | 900 g (2lb) |
| Fresh Fish | 100 g (4oz) | 900 g (2lb) |
| Jacket Potatoes | 200 g (7oz) | 1500 g (3lb 5oz) |
| Frozen Potato Products | 200 g (7oz) | 500 g (1lb 2 oz) |
| Whole Chicken | 1000 g (2lb 2oz) | 2600 g (5lb 12oz) |
| Chicken Portions | 300 g (11oz) | 1500g (3lb 5oz) |
| Beef/Lamb | 500 g (1lb 2oz) | 2500 g (5lb 8oz) |
| Casserole | 800 g (1lb 12oz) | 2000 g (4lb 6oz) |
| Chilled Crispy Top | 300 g (11oz) | 600 g (1lb 5oz) |
| Frozen Crispy Top | 300 g (11oz) | 600 g (1lb 5oz) |
| Chilled Pizza | 200 g (7oz) | 600 g (1lb 5oz) |
| Frozen Pizza | 200 g (7oz) | 600 g (1lb 5oz) |
| Bake Pastry | 600 g (1lb 5oz) | 1000 g (2lb 2oz) |
| Fruit Crumble | 500 g (1lb 2oz) | 1000 g (2lb 2oz) |

# Auto Weight Cook Programmes

Auto Programmes must ONLY be used for the foods described below. Programmes 1 to 4 use Microwave Power only. Programmes 5 to 16 use a Combination programme.

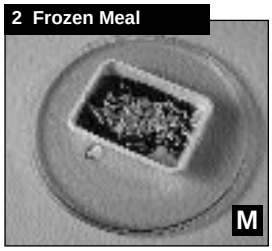
***IMPORTANT NOTE:** These programmes are not suitable for foods that cannot be stirred e.g. Lasagne/Shepherds Pie. These convenience meals can be cooked on the Crispy Top programme for 'Chilled and Frozen' dishes.

**1 Chilled Meal**



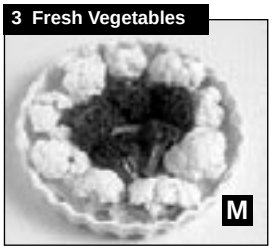

This programme is for reheating a chilled convenience meal that can be stirred.* Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable. Press the pad once, enter the weight and press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving.

**2 Frozen Meal**



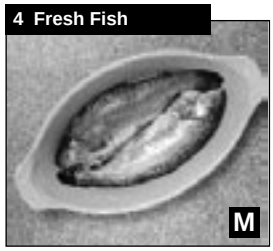

For reheating a frozen convenience meal that can be stirred.* Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable. Press the pad twice, enter the weight and press START. When the oven bleeps, remove film and STIR. Then re-cover and continue to cook for the remaining time. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.

**3 Fresh Vegetables**



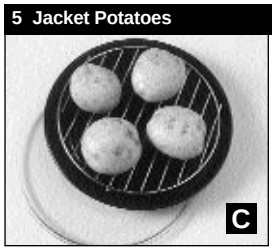

To cook FRESH vegetables. Place prepared vegetables in a shallow container and add 90 ml (6 tbsp) of water. Cover with pierced cling film or lid. Place on Glass Turntable. Press the pad once, enter the weight and press START.

**4 Fresh Fish**




To cook FRESH fish. Shield the thinner portions. Place in a shallow container and add 15 ml (1tbsp) of liquid. Cover with pierced cling film or lid. Place on Glass Turntable. Press the pad twice, enter the weight and press START.

**5 Jacket Potatoes**

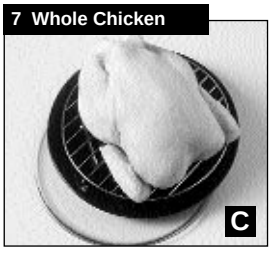



To cook jacket potatoes with a crisper, drier skin. Choose medium sized potatoes 200-250g (7-9oz), for best results. Wash and dry potatoes and prick several times with a fork. Place on Low Rack on Metal Tray on Glass Turntable. Press the pad once, enter the weight and press START.

**6 Frozen Potato Products**

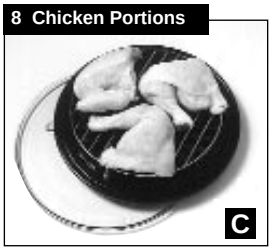
To cook FROZEN oven chips and potato products, e.g. Hash Browns, Croquettes, etc., which are suitable for GRILLING. Spread potato products out on Grill Accessory, place on Metal Tray on Glass Turntable. Press the pad twice, enter the weight and press START. Turn during cooking. For best results, cook in a single layer.
**Note:** Potato products vary considerably. We suggest checking a few minutes before the end of cooking to access preferred browning.

**7 Whole Chicken**




To cook WHOLE FRESH unstuffed chicken. Cook stuffing separately. Place chicken on Low Rack with Splash Guard on Metal Tray and place on Glass Turntable. Press pad once, enter the weight and press START. Start cooking breast side down and turn halfway, taking care with hot juices. Stand for 5 minutes.

**8 Chicken Portions**



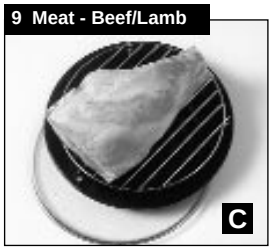

For cooking chicken quarters e.g. leg quarters, breast quarters with bone. DO NOT use for drumsticks, boneless breasts or thighs. Place chicken on Low Rack with Splash Guard on Metal Tray on Glass Turntable. Press pad twice, enter the weight and press START. Turn during cooking if necessary.

**M** = Microwave Power only **C** = Combination e.g. Convection + Micro Power

# Auto Weight Cook Programmes

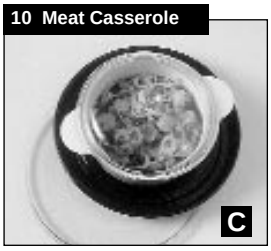
Auto programmes must ONLY be used for the foods described below. Programmes 9 to 16 use a combination of Microwave and Convection

**9 Meat - Beef/Lamb**




To cook a joint of beef or lamb. Place joint on Low Rack with Splash Guard on Metal Tray and place on Glass Turntable. Press pad once, enter the weight and press START. Turn halfway.

**10 Meat Casserole**




For cubed meat (e.g. Braising steak, lamb, pork, not chicken) and vegetables. Place in a suitable sized casserole dish with stock. Use a minimum of 450 ml of stock. If using a cook-in-sauce, also add the same quantity of water. Cover with lid. Place on Metal Tray on Glass Turntable. Press pad twice, enter the weight (excluding the dish) and press START. When oven bleeps, stir the casserole.

**11 Chilled Crispy Top**

For reheating and browning chilled, purchased savoury dishes e.g. Lasagne or Shepherds Pie. Remove any lid or covering. If in a foil container, transfer to a similar sized heatproof dish and place on Low Rack on Metal Tray and place on Glass Turntable. If using a heatproof plastic-based dish in which food is purchased, take care and support underneath when removing from the oven. Press pad once, enter the weight and press START. DO NOT COVER. Stand for 1 minute before serving. Ensure the food is piping hot.

**12 Frozen Crispy Top**

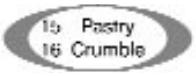
For reheating and browning frozen purchased savoury dishes e.g. Lasagne. Remove any lid or covering. If in a foil container, transfer to a similar sized heatproof dish and place on Low Rack on Metal Tray and place on Glass Turntable. If using a heatproof plastic-based dish in which food is purchased, take care and support underneath when removing from the oven.
Press pad twice, enter the weight and press START. DO NOT COVER. Allow to stand for 1 minute. Ensure food is piping hot.

**13 Chilled Pizza**

For reheating and browning chilled, purchased pizza. Remove all packaging and place on Low Rack on Metal Tray on Glass Turntable. Press pad once, enter the weight and press START.

**14 Frozen Pizza**

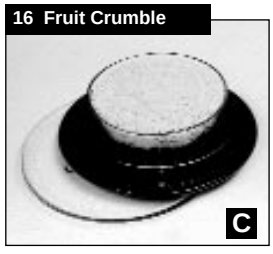
For reheating and browning frozen, purchased pizza. Remove all packaging and place on Low Rack on Metal Tray on Glass Turntable. Press pad twice, enter the weight and press START.




**15 Bake Pastry**

Always use metal pie plates with solid base or round baking sheets. Preheat the oven to Convection 210°C with metal tray in place. When preheated, cancel the Convection programme. Place the pie plate onto Metal Tray on Glass Turntable. Press pad once, enter the weight (excluding the dish) and press START.

**16 Fruit Crumble**




For cooking fresh fruit crumbles*. Place fruit and crumble topping in a heatproof dish. Place on Low Rack on Metal Tray on Glass Turntable. Press pad twice, enter the weight (excluding the dish) and press START.
**Note:** If using packet crumble mix, check 5-10 minutes before end of cooking, as they have a high sugar content and may over-brown.
* See recipe on page 91.



**M** = Microwave Power only **C** = Combination e.g. Convection + Micro Power or Grill + Micro Power

# Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by HIGH power. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked and NOT leftover. Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 38-50 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

Remember when cooking or reheating any food that it should be stirred or turned wherever possible. This ensures even cooking or reheating on the outside and in the centre.

### When is food reheated?

Food that has been reheated or cooked should be served “piping hot” i.e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating presents no safety risks.

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer’s instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating.

If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary. Food should be reheated on one occasion only.

### PLATED MEALS

Everyone’s appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 3-5 mins. on HIGH power will reheat an average portion. If stacking two meals, heat on HIGH power for 6-7 mins. and change the meals over halfway.

### CANNED FOODS

Remove foods from can and place in a suitable dish before heating.

### SOUPS

Use a bowl and stir before heating and at least once through reheat time and again at the end.

### CASSEROLES

Stir halfway through and again at the end of heating.

### MINCE PIES - CAUTION

REMEMBER even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

### CHRISTMAS PUDDINGS AND LIQUIDS - CAUTION

Take great care when reheating these items. See Page 6.

**Do not leave unattended.**

**Do not add extra alcohol.**

### BABIES’ BOTTLES - CAUTION

Milk or formula MUST be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby.

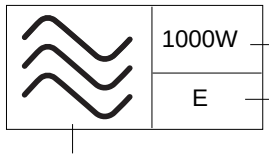
See page 38 for details.

WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES’ BOTTLES. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

# Reheating Charts

**The times given in the charts below are a guideline only, and will vary depending on STARTING temperature, dish size etc.**

**HEATING CATEGORY**
Your oven is Heating Category E and this is displayed on the front of your oven door. The information on this label will assist you in using new instructions on food packs to enable you to programme the best heating time in your oven.




The IEC (705) power output (watts)

The heating category for small packs of food

Microwave symbol

| Food | Weight/ Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines |
|---|---|---|---|---|
| **BABIES BOTTLES – CAUTION** | | | | |
| **For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 25-30 secs. CHECK CAREFULLY** | | | | |
| **For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 10-15 secs. CHECK CAREFULLY** | | | | |
| **N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. Milk or formula must always be tested carefully before feeding a baby.** | | | | |
| **BREAD – Pre-cooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.** | | | | |
| Croissants | 1 | HIGH power | 15-20 secs. | Place on micro-safe plate on turntable. Do not cover. |
| | | or GRILL 1 | 2-3 mins. | Place on heatproof plate on turntable. Do not cover. |
| | 4 | HIGH power | 30-40 secs. | Place on micro-safe plate on turntable. Do not cover. |
| | | or GRILL 1 | 3-5 mins. | Place on heatproof plate on turntable. Do not cover. |
| Rolls | 1 | HIGH power | 15-20 secs. | Place on micro-safe plate on turntable. Do not cover. |
| | | or GRILL 1 | 3-4 mins. | Place on heatproof plate on turntable. Do not cover. |
| | 4 | HIGH power | 30-40 secs. | Place on micro-safe plate on turntable. Do not cover. |
| | | or GRILL 1 | 4-6 mins. | Place on heatproof plate on turntable. Do not cover. |
| **CANNED BEANS, PASTA** | | | | |
| Baked Beans | 225 g | HIGH | 2 mins. | Place in a heatproof bowl on turntable. Cover. |
| | 415 g | HIGH | 4 mins. | |
| Baked Beans & Sausages/Burgers | 450 g | HIGH | 5 mins. | Place in a heatproof bowl on turntable. Cover. |
| Ravioli in sauce | 215 g | HIGH | 2 mins. 30 secs. | Place in a heatproof bowl on turntable. Cover. |
| | 400 g | HIGH | 4 mins. | |
| Space Invaders | 425 g | HIGH | 3 mins. 30 secs. | Place in a heatproof bowl on turntable. Cover. |
| Macaroni Cheese | 210 g | HIGH | 2 mins. | Place in a heatproof bowl on turntable. Cover. |
| | 430 g | HIGH | 4 mins. | |
| Spaghetti in Tomato Sauce | 213 g | HIGH | 2 mins. | Place in a heatproof bowl on turntable. Cover. |

**POINTS FOR CHECKING**
Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Reheating Charts

| Food | Weight/ Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines |
|---|---|---|---|---|
| **CANNED MEAT** | | | | |
| Chilli Con Carne | 410 g | HIGH | 3 mins. 30 secs. | Place in a heatproof bowl on turntable. Cover. |
| Hot Dogs (drained) | 415 g | HIGH | 3 mins. | Place in a heatproof bowl on turntable. Cover. |
| Meat Balls | 418 g | HIGH | 4 mins. 30 secs. | Place in a heatproof bowl on turntable. Cover. |
| Minced Beef & Onion | 392 g | HIGH | 4 mins. | Place in a heatproof bowl on turntable. Cover. |
| Stewed Steak | 405 g | HIGH | 4 mins. | Place in a heatproof bowl on turntable. Cover. |
| **CANNED SOUPS** | | | | |
| Cream of Mushroom | 425 g | HIGH | 4 mins. | Place in a heatproof bowl on turntable. Cover. |
| Minestrone | 300 g | HIGH | 2 mins. 30 secs. | Place in a heatproof bowl on turntable. Cover. |
| **CANNED PUDDINGS** | | | | |
| Creamed Rice | 425 g | HIGH | 2 mins. | Place in a heatproof bowl on turntable. Cover. |
| | 624 g | HIGH | 3 mins. | |
| Custard | 425 g | HIGH | 2 mins. | Place in a heatproof bowl on turntable. Cover. |
| Sponge Pudding | 300 g | HIGH | 2 mins. | Place in a heatproof bowl on turntable. Cover. |
| **CANNED VEGETABLES – Drain where appropriate** | | | | |
| Carrots, whole | 410 g | HIGH | 3 mins. | Place in a heatproof bowl on turntable. Cover. |
| Green Beans | 410 g | HIGH | 2 mins. 30 secs. | Place in a heatproof bowl on turntable. Cover. |
| Peas, Mushy | 440 g | HIGH | 2 mins. | Place in a heatproof bowl on turntable. Cover. |
| Peas, Garden | 550 g | HIGH | 2 mins. 30 secs. | Place in a heatproof bowl on turntable. Cover. |
| Peas, Marrowfat | 300 g | HIGH | 2 mins. | Place in a heatproof bowl on turntable. Cover. |
| Potatoes new | 820 g | HIGH | 5 mins. | Place in a heatproof bowl on turntable. Cover. |
| Sweetcorn | 198 g | HIGH | 1 mins. 30 secs. | Place in a heatproof bowl on turntable. Cover. |
| | 340 g | HIGH | 2 mins. | |
| Tomatoes, whole | 400 g | HIGH | 3 mins. | Place in a heatproof bowl on turntable. Cover. |
| Vegetable Chilli | 410 g | HIGH | 4 mins. | Place in a heatproof bowl on turntable. Cover. |
| Chick pea dhal | 425 g | HIGH | 3 mins. | Place in a heatproof bowl on turntable. Cover. |
| **CHRISTMAS PUDDINGS – Do not leave unattended as overheating can cause the food to ignite** | | | | |
| Slice | 150 g | HIGH | 30 secs. | Place in a heatproof dish on turntable. Cover. |
| Small | 450 g | HIGH | 2 mins. | Place in a heatproof dish on turntable. Cover. |
| Medium | 900 g | HIGH | 3 mins. | Place in a heatproof dish on turntable. Cover. |
| Large | 1.1 kg | HIGH | 3 mins. 30 secs. | Place in a heatproof dish on turntable. Cover. |

**POINTS FOR CHECKING**

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Reheating Charts

| Food | Weight/ Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines |
|---|---|---|---|---|
| **DRINKS — COFFEE** | | | | |
| 1 mug | 235 ml | HIGH | 2 mins. | Place in a heatproof mug on turntable. Stir, before, during and after reheating. |
| 2 mugs | 470 ml | HIGH | 3 mins. 30 secs. | |
| 3 mugs | 705 ml | HIGH | 4 mins. 30 secs. | |
| 4 mugs | 940 ml | HIGH | 6 mins. | |
| **DRINKS — MILK** | | | | |
| 1 mug | 235 ml | MED | 2 mins. | Place in a heatproof mug or jug on turntable. Stir, before, during and after reheating. |
| 1 jug | 600 ml | MED | 4 mins. 30 secs. | |
| **HOMEMADE MEAT DISHES** | | | | |
| Casserole for 2 | 500 g | HIGH | 6 mins. | Place in a heatproof dish on turntable. Cover. |
| Casserole for 4 | 1 kg | HIGH | 10-15 mins. | Place in a heatproof dish on turntable. Cover. |
| Mince for 1 | 250 g | HIGH | 3 mins. | Place in a heatproof dish on turntable. Cover. |
| Mince for 4 | 1 kg | HIGH | 8 mins. | Place in a heatproof dish on turntable. Cover. |
| Bolognese Sauce | 250 g | HIGH | 3 mins. | Place in a heatproof dish on turntable. Cover. |
| | 1 kg | HIGH | 8 mins. | |
| **PASTRY PRODUCTS – PRECOOKED – N.B. Pastries reheated by microwave will have a soft base. If pie comes in foil container place directly onto metal tray.** | | | | |
| Cornish Pastie | 175 g (1) | HIGH power or | 1-2 mins. | Place in micro-safe dish on turntable. Do not cover. |
| | | **Combi:** 200°C + WARM power | 8 mins. | Place on low rack on metal tray on turntable. Do not cover. |
| | 350 g (2) | HIGH power or | 3-4 mins. | Place in micro-safe dish on turntable. Do not cover. |
| | | **Combi:** 200°C + WARM power | 10 mins. | Place on low rack on metal tray on turntable. Do not cover. |
| Meat Pies | 258 g (2) | Combi: FAST-BAKE 220°C + GRILL 1 + SIMMER power | 5-6 min. | Place on metal tray on turntable. |
| Steak and Kidney Shortcrust Pie | 170 g (1) | FAST-BAKE 220°C + GRILL 2 | 15 mins. | Place on metal tray on turntable. |
| Quiche | 400 g (1) | HIGH power or | 3-4 mins. | Place in micro-safe dish on turntable. Do not cover. |
| | | **Combi:** 220°C + SIM power | 12 mins. | Place on low rack on metal tray on turntable. Do not cover. |
| Sausage Roll | 265 g (2) | **Combi:** 230°C + WARM power | 8-9 mins. | Place on low rack on metal tray on turntable. Do not cover |
| Xmas Mince Pies | 90 g (2) | HIGH power | 10-20 secs. | Place in micro-safe dish on turntable. Do not cover. |

**POINTS FOR CHECKING**

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Reheating Charts

| Food | Weight/ Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines |
|---|---|---|---|---|
| **PLATED MEALS – HOMEMADE – CHILLED** | | | | |
| Child size | 1 | HIGH | 3 mins. | Place on a heatproof plate on turntable. Cover. |
| | 2 | HIGH | 5 mins. | |
| Adult size | 1 | HIGH | 4-5 mins. | Place on a heatproof plate on turntable. Cover. |
| | 2 | HIGH | 5-6 mins. | |
| **PORRIDGE** | | | | |
| 1 portion | | HIGH | 1 min. | Use a large bowl on turntable. Stir during cooking. |
| 4 portions | | HIGH | 5 mins. | Use a large bowl on turntable. Stir during cooking. |
| **PUDDINGS AND DESSERTS – Transfer puddings to a heatproof dish** | | | | |
| Apple Pie | 465 g | HIGH or | 4 mins. | Place on turntable. Do not cover. |
| | | **Combi:** 230°C + WARM power | 9-10 mins. | Place on metal tray on turntable. Do not cover. |
| Apple and Blackcurrant Pies | x 6 | FAST-BAKE 220°C + GRILL 1 | 3 mins. | Place in foil cases on low rack on metal tray on turntable. Do not cover. |
| Baked Apple – 1 | 175 g | HIGH | 30 secs.-1 min. | Place in a heatproof bowl on turntable. Cover. |
| Bread and Butter Pudding | 340 g | HIGH or | 2-3 mins. | Place on turntable. Do not cover. |
| | | **Combi:** 230°C + WARM power | 10-12 mins. | Place on metal tray on turntable. Do not cover. |
| Custard | 300 ml | HIGH | 1 min 30 secs. | Place in large jug. Stir during reheating. |
| Fruit Crumble | 450 g | HIGH or | 1 min. 20 secs. | Place on turntable. Do not cover. |
| | | **Combi:** 230°C + WARM power | 8 mins. | Place on metal tray on turntable. Do not cover. |
| Jam Roly Poly | 730 g | HIGH | 5 mins. | Place on turntable. Do not cover. |
| Milk Pudding for 1 | | HIGH | 50 secs. | Place in a heatproof bowl on turntable. Cover. |
| Milk Pudding for 4 | | HIGH | 3 mins. 40 secs. | Place in a heatproof bowl on turntable. Cover. |
| **PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized heat-proof dish (except when using FAST-BAKE).** | | | | |
| Breaded Mushrooms | 310 g | GRILL 1 or | 10-12 mins. | Place on grill accessory on metal tray on turntable. |
| | | FAST-BAKE 220°C + GRILL 1 | 10 mins. | Place in dish on low rack on metal tray on turntable. |
| Cauliflower Cheese | 220 g | HIGH power or | 4 mins. | Place on turntable. Do not cover. |
| | | **Combi:** 220˚C + SIM power | 10-12 mins. | Place on metal tray on turntable. Do not cover. |
| | 454 g | HIGH power or | 7 mins. | Place on turntable. |
| | | **Combi:** 220˚C + SIM power | 12-14 mins. | Place on metal tray on turntable. Do not cover. |
| Cottage Pie | 190 g | HIGH power or | 3-4 mins. | Place on turntable. |
| | | **Combi:** 220˚C + SIM power | 12-14 mins. | Place on metal tray on turntable. Do not cover. |
| | 595 g | HIGH power or | 6-8 mins. | Place on turntable. |
| | | **Combi:** 220˚C + SIM power | 15-17 mins. | Place on metal tray on turntable. Do not cover. |

# Reheating Charts

| Food | Weight/ Quantity | Power Level | Time to Select (approx) | Instructions/Guidelines |
|---|---|---|---|---|
| **PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized heat-proof dish, except when using FAST-BAKE.** | | | | |
| Lasagne | 300 g | MEDIUM power or | 6-7 mins. | Place on turntable. |
| | | **Combi:** 200˚C + LOW power | 11-12 mins. | Place on metal tray on turntable. Do not cover. |
| Onion Bhajis, Pakora & Felafel | 330 g (6) | FAST-BAKE 220°C + GRILL 1 | 10 mins. | Place on low rack on metal tray on turntable. Turn halfway. |
| Spring Rolls | 230 g | FAST-BAKE 220°C + GRILL 2 | 10 mins. | Place on low rack on metal tray on turntable. Turn halfway. |
| Turkey Burgers | 425 g | FAST-BAKE 250°C + GRILL 2 | 10 mins. | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Vegetable Bake | 454 g | HIGH power or | 6-8 mins. | Place on turntable. |
| | | **Combi:** 200°C + SIM power | 12-14 mins. | Place on metal tray on turntable. Do not cover. |
| Samosas | 200 g | FAST-BAKE 220°C + GRILL 2 | 10 mins. | Place on low rack on metal tray on turntable. Turn halfway. |
| **PURCHASED CONVENIENCE FOODS – FROZEN – N.B. Transfer food from foil container to a similar sized heat-proof dish (except when using FAST-BAKE). Plastic dishes designed for microwave and conventional ovens may be used with care.** | | | | |
| Golden Drummers | 340 g (6) | FAST-BAKE 250°C + GRILL 1 | 10-12 mins. | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Lasagne | 330 g | DEFROST power then HIGH power or | 8 mins. 8-9 mins. | Place on turntable. |
| | | **Combi:** 220˚C + SIM power | 20-22 mins. | Place on metal tray on turntable. |
| Breaded Onion Rings | 250 g | FAST-BAKE 250°C + GRILL 1 | 7 mins. | Place on grill accessory on metal tray on turntable. Turn halfway. |
| Fish Pie | 397 g | HIGH power or | 7-8 mins. | Place on turntable. |
| | | **Combi:** 220°C + SIM power | 18 mins. | Place on metal tray on turntable. |
| Shepherd's Pie | 460 g | DEFROST power then HIGH power or | 10 mins. 6-8 mins. | Place on turntable. |
| | | **Combi:** 220°C + SIM power | 18-20 mins. | Place on metal tray on turntable. |
| **VEGETABLES** | | | | |
| Mashed Potato | 350 g | MEDIUM | 6-7 min. | Place in a heatproof dish. Cover. |
| Green Vegetables | 100 g | HIGH | 1 min. 30 secs. | Place in a heatproof dish. Cover. |
| Potato Wedges | 385 g | FAST-BAKE 220°C + GRILL 1 | 10 mins. | Place in dish on low rack on metal tray on turntable. Turn halfway. |

# Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---|---|---|---|
| **BREAD – Frozen** | | | | |
| Part-baked rolls | 200 g (4) | **Combi:** 230°C + SIM power | 10 | Place on metal tray on turntable. |
| Part-baked Garlic Baguette | 170 g (1) | **Combi:** 230°C + SIM power | 7 | Place on metal tray on turntable. |
| **BACON – from raw** | | | | |
| Rashers | 200 g (8) | HIGH power | 4-6 or 45 secs. per rasher | Place on micro-safe rack or plate on turntable and cover with kitchen towel to minimise splatter. |
| | | or GRILL 1 | 10-12 | Place on grill accessory metal tray and splash guard on turntable. Turn halfway. |
| Steaks | 255 g (4) | HIGH power | 4-5 | Place on micro-safe rack or plate on turntable. |
| | | or GRILL 1 | 12 | Place on grill accessory metal tray and splash guard on turntable. Turn halfway. |
| **BEANS & PULSES – should be pre-soaked (except lentils)** | | | | |
| Black Eyed Beans | 225 g | HIGH power | 10 | Use 600 ml (1pt) boiling water in a large bowl Cover. |
| | | then SIMMER | 25-30 | |
| Chick Peas | 225 g | HIGH power | 10 | Use 600 ml (1pt) boiling water in a large bowl Cover. |
| | | then SIMMER | 40 | |
| Lentils | 225 g | MEDIUM power | 10-15 | Use 600 ml (1pt) boiling water in a large bowl Cover. |
| Marrowfat Peas | 225 g | HIGH power | 3 | Use 600 ml (1pt) boiling water in a large bowl Cover. |
| | | then SIMMER | 15-20 | |
| Red Kidney Beans | 225 g | HIGH power | 15 | Use 600 ml (1pt) boiling water in a large bowl Cover. |
| | | then SIMMER | 40 | **Must boil for at least 12 mins to destroy toxic enzymes** |
| **BEEF – Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat Chapter page 60.** | | | | |
| Topside, Forerib, Sirloin | | **Combi:** 180°C + SIM power | 12-15 per 450 g | Place on low rack on metal tray and splash guard on turntable. Turn halfway. |
| Mince | | HIGH then MEDIUM POWER | 10 then 15 per 450 g | Place in micro safe dish with stock and seasonings on turntable. Stir halfway. Cover. |
| Rump/Sirloin | 275 g (2) | MEDIUM power or | 6-8 | Place on micro-safe rack or plate on turntable. Cover. |
| | | GRILL 1 | 10-12 | Place on grill accessory, metal tray and splash guard on turntable. Turn halfway. |
| Stewing Steak | 450 g- 675 g | HIGH then SIMMER POWER or | 10 then 60 | Place in micro-safe dish on turntable. Stir halfway. Cover. |
| | | **Combi:** 160°C + WRM power | 1hr- 1hr 40 | Place in casserole dish with lid on metal tray on turntable. Stir halfway |
| **BEEFBURGERS – Fresh from raw – Caution: Hot fat! Remove grill accessory with care.** | | | | |
| | 295 g (2) | HIGH power | 3-4 | Place on micro-safe rack or plate on turntable. Cover. |
| | | or GRILL 1 | 10-12 | Place on grill accessory, metal tray and splash guard on turntable. Turn halfway. |

**POINTS FOR CHECKING**

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---|---|---|---|
| **BEEFBURGERS – Frozen from raw – Caution: Hot fat! Remove grill accessory with care.** | | | | |
| | 227 g (4) | HIGH power | 6-8 | Place on micro-safe rack or plate on turntable. Cover. |
| | | or GRILL 1 | 12-14 | Place on grill accessory, metal tray and splash guard on turntable. Turn halfway. |
| **CHICKEN from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 60.** | | | | |
| Breasts, boneless | 850 g (4) | MEDIUM power or | 12-14 | Place on micro-safe rack or plate on turntable. Cover. |
| | | GRILL 1 or | 25 | Place on grill accessory, metal tray and splash guard on turntable. Turn halfway. |
| | | FAST-BAKE 250°C + GRILL 1 | 20 | Low rack, metal tray and splash guard on turntable. Turn halfway. |
| Drumsticks | 900 g (8) | MEDIUM power or | 12-14 | Place on micro-safe rack or plate on turntable. Cover. |
| | | GRILL 1 or | 25 | Place on grill accessory, metal tray and splash guard on turntable. Turn halfway. |
| | | FAST-BAKE 250°C + GRILL 1 | 20 | Place on low rack on metal tray and splash guard on turntable. |
| Kiev (fresh) | 283 g (2) | FAST-BAKE 250˚C + GRILL 1 | 15-17 | Place on low rack on metal tray and splash guard on turntable. |
| | 600 g (4) | | 18-20 | |
| Nuggets (frozen) | 400 g | **Combi:** FAST-BAKE 250°C + GRILL 2 + WARM power or | 15-18 | Place on grill accessory, on metal tray and splash guard on turntable. |
| | | GRILL 1 | 15-20 | Place on grill accessory, metal tray and splash guard on turntable. Turn halfway. |
| Nuggets (fresh) | 400 g | **Combi:** FAST-BAKE 220˚C + GRILL 1 + WARM power | 10 | Place on grill accessory, on metal tray and splash guard on turntable. |
| Chicken legs | 1.2 kg (4) | MEDIUM power or | 18 | Place on micro-safe rack or plate on turntable. Cover. |
| | | GRILL 1 or | 30-35 | Place on grill accessory, on metal tray and splash guard on turntable. |
| | | FAST-BAKE 250˚C + GRILL 1 | 25 | Place on low rack on metal tray and splash guard on turntable. |
| Whole | | MEDIUM power or | 8-9 per 450g | Place in micro-safe dish on turntable. Cover. |
| | | **Combi:** 190˚C + SIM power | 12-15 per 450g | Place on low rack on metal tray and splash guard on turntable. Turn halfway. DO NOT COVER. |
| **EGGS – Poached.** | | | | |
| Water | 45 ml | HIGH power | 40 secs. | • Place water in a small bowl and heat for 1st cooking time.<br>• Add egg (size 3).<br>• Pierce yolk and white.<br>• Cover.<br>• Cook for 2nd cooking time.<br>• Then leave to stand for 1 min. |
| Egg | 1 | MEDIUM power | 40 secs. | |
| Water | 90 ml | HIGH power | 1 | |
| Eggs | 2 | MEDIUM power | 1 min.10 secs. | |
| Water | 135 ml | HIGH power | 1 min. 30 secs. | |
| Eggs | 3 | MEDIUM power | 1min. 30 secs. | |
| Water | 180 ml | HIGH power | 2 | |
| Eggs | 4 | MEDIUM power | 1min. 50 secs. | |

# Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---|---|---|---|
| **EGGS – Scrambled.** | | | | |
| 1 Egg | | HIGH power | 30 secs | • Add 1 tbsp of milk for each egg used.<br>• Beat eggs, milk and knob of butter together.<br>• Cook for 1st cooking time then stir.<br>• Cook for 2nd cooking time then stand for 1 min. |
| | | HIGH power | 20 secs | |
| 2 Eggs | | HIGH power | 50 secs | |
| | | HIGH power | 30 secs | |
| 3 Eggs | | HIGH power | 1min. 20 secs | |
| | | HIGH power | 30 secs | |
| **FISH – FRESH from raw – For Guidelines see Fish Chapter page 55.** | | | | |
| Breaded Fillets | 300 g (2) | GRILL 1 or | 10-12 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| | | **Combi:** FAST-BAKE 230˚C + GRILL 1 + WARM power | 10-12 | |
| Cakes | 200 g (2) | GRILL 1 or | 8-10 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| | | **Combi:** FAST-BAKE 230˚C + GRILL 1 + WARM power | 10 | |
| Fillets | 450 g (3) | HIGH power | 3-4 | Place in micro-safe dish. Add 30 ml of liquid. Cover. |
| | | or GRILL 1 | 12-14 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| Breaded fillets, filled | 300 g | **Combi:** FAST-BAKE 230˚C + GRILL 1 + WARM power | 10-12 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| Steaks | 350 g (2) | HIGH power | 3-4 | Place in micro-safe dish. Add 30 ml of liquid. Cover. |
| | | or GRILL 2 | 10-12 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| Whole | 280 g (1) | HIGH power | 4-5 | Place in micro-safe dish. Add 30 ml of liquid. Cover. |
| | | or GRILL 2 | 12-14 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| **FISH – FROZEN from raw – For Guidelines see Fish Chapter page 55.** | | | | |
| Breaded Fillets | 300 g (2) | GRILL 1 or | 16-18 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| | | **Combi:** GRILL 2 + SIM power | 10-12 | |
| | | **Combi:** FAST-BAKE 230˚C + GRILL 3 + SIM power | 10-12 | |
| Cakes | 400 g (4) | GRILL 1 or | 8-10 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| | | **Combi:** FAST-BAKE 250˚C +GRILL 2 + WARM power | 10 | |
| Fish Fingers | 210 g (8) | HIGH power or | 4-5 | Place on micro-safe dish. Do not cover. |
| | | GRILL 1 | 12-14 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |

**POINTS FOR CHECKING**

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---|---|---|---|
| **FISH - FROZEN from raw - For Guidelines see Fish Chapter page 55.** | | | | |
| Haddock Fillets | 380 g (4) | HIGH power or | 7 | Place in micro-safe dish. Add 30 ml of liquid. Cover. |
| | | GRILL 1 | 10-15 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| Scampi | 255 g | GRILL 1 or | 8-10 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| | | **Combi:** FAST-BAKE 230˚C + GRILL 2 + SIM power | 10 | |
| Whole | 450 g (2) | HIGH power | 10-12 | Place in micro-safe dish. Add 30 ml of liquid. Cover. |
| Steaks | 450 g (2) | HIGH power | 8-9 | Place in micro-safe dish. Add 30 ml of liquid. Cover. |
| Boil in the Bag | 150 g - 170 g | DEFROST then STAND then MEDIUM | 4 then 2 then 6 | Place bag sauce side down on a plate. Slash top. |
| **FRUIT – Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on turntable.** | | | | |
| Apples – poached | 450 g | HIGH power | 6 | Add 300 ml (½ pt) of water. Only half fill dish. Cover. |
| Apples – stewed | 450 g | HIGH power | 5 | Only half fill dish. Cover. |
| Peaches – poached | 450 g | HIGH power | 4-5 | Add 300 ml (½ pt) of water. Only half fill dish. Cover. |
| Pears – poached | 450 g | HIGH power | 5-6 | Add 300 ml (½ pt) of water. Only half fill dish. Cover. |
| Plums – poached | 450 g | HIGH power | 8 | Add 300 ml (½ pt) of water. Only half fill dish. Cover. |
| Plums – stewed | 450 g | HIGH power | 8-10 | Add 30 ml (2 tbsp) of water. Only half fill dish. Cover. |
| Rhubarb – stewed | 450 g | HIGH power | 5 | Only half fill dish. Cover. |
| **GAME** | | | | |
| Rabbit portions (4) | | **Combi:** 160°C + WRM power | 1hr 20 mins. | Place on low rack on metal tray + splashguard on turntable. Do not cover. |
| Duck, whole | | **Combi:** 190°C + SIM power | 10-12 mins. per 450 g | |
| Pheasant, whole | | **Combi:** 190°C + SIM power | 9-10 mins. per 450 g | |
| Pheasant prtns. (4) | | **Combi:** 190°C + SIM power | 1hr 45 mins. | |
| **LAMB – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 60.** | | | | |
| Chops, cutlets | 425 g (4) | MEDIUM power | 6-7 | Place in micro-safe dish or rack on turntable. Cover. |
| | | or GRILL 1 | 15-18 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| Chops, Loin | 600 g (4) | MEDIUM power | 7-8 | Place in micro-safe dish or rack on turntable. Cover. |
| | | or GRILL 1 | 15-18 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| Joints | | **Combi:** 180°C + SIM power | 11-12 mins. per 450 g | Place on low rack on metal tray + splashguard on turntable. Turn halfway. |
| Stewing lamb ie. neck chops | 450 g | HIGH then LOW power or | 10 then 40 | Place in micro-safe dish on turntable. Stir halfway. Cover |
| | | **Combi:** 160°C + WRM power | 1hr 20 mins. | Place in casserole, add stock and vegetables, cover with lid on metal tray on turntable. Stir halfway. |

# Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---|---|---|---|
| **LAMB – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 60.** | | | | |
| Casseroling lamb ie. diced shoulder | | HIGH then LOW power or | 10 then 60 | Place in micro-safe dish on turntable. Stir halfway. Cover. |
| | | **Combi:** 160°C + WRM power | 1 hr. 30 mins. | Place in casserole with lid on metal tray on turntable. Stir halfway. |
| **PASTA** | | | | |
| Twists | 225 g | HIGH power | 8-10 | Use 1 litre (1 3/4pt) boiling water. Add 15 ml oil. Cover. Stir halfway. |
| Macaroni | 225 g | HIGH power | 10-12 | |
| Spaghetti | 225 g | HIGH power | 8 | |
| Lasagne | 225 g | HIGH power | 6-8 | |
| Tortellini | 225 g | HIGH power | 12 | |
| Tagliatelle | 225 g | HIGH power | 8-9 | |
| Spaghetti (Quick Cook) | 225 g | HIGH power | 5-7 | |
| **PASTRY – UNCOOKED** | | | | |
| Shortcrust Flan Case | 23 cm (9") | HIGH power or | 3-4 | Prick base of pastry and chill well. Lay piece of kitchen towel in base. Place on turntable. |
| | | **Combi:** FAST-BAKE 250°C GRILL 3 + SIM power | 7-8 | Prick base of pastry and chill well. Do not cover. Place on low rack on metal tray on turntable. |
| Vol-au-Vents | 125 g (12) | FAST-BAKE 250°C + GRILL 1 | 6 1/2 | Brush with beaten egg. Place on baking sheet on metal tray on low rack on turntable. |
| **PIZZA – FRESH chilled – N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.** | | | | |
| Deep Pan, Ham | 475 g | HIGH power | 4-6 | Place on micro-safe plate on turntable. Do not cover. |
| | | FAST-BAKE 220°C + GRILL 2 | 10-12 | Place directly on metal tray on turntable. Do not cover. |
| Thin and Crispy | 350 g | **Combi:** 220°C + WRM power | 10-15 | Place on low rack on metal tray on turntable. Do not cover. |
| | | FAST-BAKE 220°C + GRILL 1 | 8 | |
| **PIZZA – FROZEN – N.B. Remove all packaging. Pizzas will have a soft base.** | | | | |
| French Bread | 320 g (1) | **Combi:** FAST-BAKE 220°C GRILL 3 + SIM power | 12–15 | Place on low rack on metal tray on turntable. Do not cover. |
| Pepperoni | 420 g | **Combi:** FAST-BAKE 220°C GRILL 3 + SIM power | 12–15 | Place on low rack on metal tray on turntable. Do not cover. |

**POINTS FOR CHECKING**

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---|---|---|---|
| **PORK – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 60.** | | | | |
| Chops | 425 g | GRILL 1 | 15-20 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| Joints | | MEDIUM power or | 13-14 per 450 g (1lb) | Place on upturned saucer in heatproof dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking. |
| | | **Combi:** 170°C + LOW power | 15-16 per 450 g (1lb) | Place on low rack on metal tray and splash guard. Turn halfway. |
| Gammon covered with water | | HIGH then MEDIUM power | 15 then 15-20 per 450 g | Place in large casserole with lid and cover with water. |
| Tenderloin, whole | | **Combi:** 170°C + WRM power | 15-20 per 450 g | Place on low rack on metal tray and splash guard on turntable. Turn halfway. |
| **Porridge – N.B: Use a large bowl.** | | | | |
| 1 serving | ½ cup of oats | MEDIUM power | 2-2½ | Add 1 cup of water or milk. Stir halfway. |
| 2 servings | 1 cup of oats | MEDIUM power | 4-5 | Add 2 cups of water or milk. Stir halfway. |
| 4 servings | 2 cups of oats | MEDIUM power | 8-9 | Add 4 cups of water or milk. Stir halfway. |
| **POTATO PRODUCTS part cooked – FROZEN** | | | | |
| Croquettes | 300 g | GRILL 1 or | 13-14 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| | | FAST-BAKE 250°C + GRILL 1 | 8-9 | |
| Hash Browns | 300 g (7) | GRILL 1 | 15-18 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| Oven Chips & Associated Products | 300 g | GRILL 1 or | 15-20 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| | 450 g | **Combi:** GRILL 1 + MED power | 8-9 | |
| **RICE** | | | | |
| Basmati | 250 g | MEDIUM power | 10-12 | Use 600 ml (1pt) boiling water. Cover |
| Easycook White | 250 g | HIGH power | 12-13 | |
| Easycook Brown | 250 g | HIGH power | 15-17 | |
| Long Grain White | 250 g | MEDIUM power | 14 | |
| Long Grain Brown | 250 g | MEDIUM power | 20 | |

**POINTS FOR CHECKING**

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---|---|---|---|
| **MILK PUDDING – Use large bowl, cover. Stir halfway.** | | | | |
| Flaked Rice | 50 g | SIMMER power | 20 | Add 600 ml (1pt) milk. 30 ml sugar |
| Pudding Rice | 50 g | HIGH power<br>then SIMMER | 5<br>35 | Add 450 ml (¾pt) milk. 30 ml sugar |
| Tapioca | 50 g | SIMMER power | 30-35 | Add 600 ml (1pt) milk. 30 ml sugar |
| **SAUSAGES from raw – CAUTION: Hot Fat! Remove accessory with care.** | | | | |
| Thick | 454 g (8) | GRILL 1 or | 12-14 | Place on grill accessory on metal tray and splash guard on turntable. Turn halfway. |
| | | FAST-BAKE<br>220°C + GRILL 1 | 10 mins. | |
| **TURKEY** | | | | |
| Turkey, whole | | **Combi:** 190°C + SIM power | 12-14 min.<br>per 450 g | Place on low rack on metal tray and splash guard on turntable. Turn halfway. |
| **FRESH VEGETABLES – Place in shallow micro-safe dish.** | | | | |
| Asparagus | 450 g | HIGH power | 6-8 | Add 90 ml (6 tbsp) water. Cover. |
| Broad Beans | 450 g | HIGH power | 6 | |
| Runner Beans | 450 g | HIGH power | 7 | |
| Beetroot | 450 g | MEDIUM power | 12 | |
| Broccoli | 450 g | HIGH power | 8 | |
| Brussel Sprouts | 450 g | HIGH power | 8-9 | |
| Cabbage - sliced | 450 g | HIGH power | 7-9 | |
| Carrots - sliced | 450 g | HIGH power | 7-9 | |
| Cauliflower - florets | 450 g | HIGH power | 9 | |
| Courgettes | 450 g | HIGH power | 5 | |
| Corn on the Cob | 450 g | HIGH power | 6-7 | |
| Leeks - sliced | 450 g | HIGH power | 7-8 | |
| Mushrooms | 450 g | HIGH power | 5 | |
| Parsnips - sliced | 450 g | HIGH power | 6-7 | |
| Peas | 450 g | HIGH power | 4-6 | |
| Potatoes - boiled | 450 g | HIGH power | 6-7 | |
| Potatoes - par-boiled | 450 g | HIGH power | 4-5 | |
| Potatoes -<br>jacket (225 g) | 1 | HIGH power or | 5 | Wash and prick skins several times. Place directly on glass turntable if cooking by microwave. If cooked by combination place directly on the low rack on metal tray on turntable. Allow to stand for 5 mins. Or use Auto Programme Jacket Potato. |
| | | **Combi: FAST-BAKE** 250°C + GRILL 1 +SIM power | 15 | |
| | 2 | HIGH power or | 8 | |
| | | **Combi: FAST-BAKE** 250°C + GRILL 1 +SIM power | 20 | |
| | 4 | HIGH power or | 13 | |
| | | **Combi: FAST-BAKE** 250°C + GRILL 1 +SIM power | 25 | |
| | 6 | HIGH power or | 18-20 | |
| | | **Combi: FAST-BAKE** 250°C + GRILL 1 +SIM power | 30 | |

# Cooking Charts

| Food | Weight/ Quantity | Choice of Cooking Modes | Time (mins.) | Instructions/Guidelines |
|---|---|---|---|---|
| **FRESH VEGETABLES – Place in shallow micro-safe dish.** | | | | |
| Spinach | 450 g | HIGH power | 7 | Add 90 ml (6tbsp) water. Cover. |
| Spring Greens | 450 g | HIGH power | 7 | Add 90 ml (6tbsp) water. Cover. |
| Swede - cubed | 450 g | HIGH power | 7-8 | Add 90 ml (6tbsp) water. Cover. |
| **FROZEN VEGETABLES – Place in shallow micro-safe dish.** | | | | |
| Beans - broad | 450 g | HIGH power | 8 | Add 30 ml (2tbsp) water. Cover. |
| Beans - green | 450 g | HIGH power | 8-9 | Add 30 ml (2tbsp) water. Cover. |
| Brocolli | 450 g | HIGH power | 9 | Add 30 ml (2tbsp) water. Cover. |
| Brussel Sprouts | 450 g | HIGH power | 9-10 | Add 30 ml (2tbsp) water. Cover. |
| Cabbage - shredded | 450 g | HIGH power | 5-6 | Add 30 ml (2tbsp) water. Cover. |
| Carrots - sliced | 450 g | HIGH power | 8 | Add 30 ml (2tbsp) water. Cover. |
| Cauliflower | 450 g | HIGH power | 10 | Add 30 ml (2tbsp) water. Cover. |
| Peas | 450 g | HIGH power | 6-7 | Add 30 ml (2tbsp) water. Cover. |
| Spinach - nuggets | 450 g | HIGH power | 8-9 | Add 30 ml (2tbsp) water. Cover. |
| Sweetcorn | 450 g | HIGH power | 7 | Add 30 ml (2tbsp) water. Cover. |
| **MISCELLANEOUS** | | | | |
| Frozen Yorkshire puddings | 450 g | FAST-BAKE 250°C + GRILL 1 | 15 | Place foil cases directly onto metal tray. |

**POINTS FOR CHECKING**

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

# Increasing and Decreasing Recipes

**INCREASING RECIPES**

- **To increase a recipe from 4 to 6 servings,** increase each ingredient listed by half. To double the quantity, simply double every ingredient listed.
- Do not forget that large quantities will require a larger dish. Make sure that it is deep enough to prevent the recipe from boiling over during cooking.
- Cover as directed in the recipe. Stir or rearrange foods as recommended.
- Increase the stand times by 5 mins. per lb.
- Always check the recipe during cooking.
- When increasing the ingredients to 6 servings, add an extra one third of the original cooking time, i.e.. 30 mins. on MEDIUM power for 4 servings will become 40 mins. on MEDIUM power for 6 servings.
- **When doubling a recipe from 4 to 8** add on half the original cooking time, i.e. 30 mins. on MEDIUM power for 4 servings will become 45 mins. on MEDIUM power for 8 servings.

**DECREASING RECIPES**

- To decrease a recipe from 4 servings to 2 servings, halve the ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe, however make sure it is deep enough to stop food boiling over.
- Allow half to two-thirds of the original cooking time, i.e. 30 mins. on MEDIUM power for 4 servings will become 15-20 mins. on MEDIUM power for 2 servings.

# Using Recipes from Other Books

The best way to convert a family favourite dish is to find a similar recipe in a cookery book to give you a guide to the correct method and timings to use.

Many cookbooks refer to 650W ovens, however since 1990 oven output powers have been set by a new standard (IEC). When using other cookbooks, the 1000 W output power of your oven must be allowed for. Use the same power level suggested e.g. HIGH or MEDIUM and select the same cooking time suggested, however CHECK the progress of the food during cooking and adjust the time if necessary.

# Cooking for One

- For one serving quarter ALL ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe.
- Use the same cooking power recommended in the original recipe.
- Start by cooking for one quarter of the recommended cooking time, although extra time in most cases will be required.
- Always check the food during cooking.
- There is not a great saving for reduced quantities of soups, casseroles, stews and rice, as a minimum time is required to tenderise meats and blend flavours.
- When cooking for one it often makes sense to cook for two and plate up both meals. Freeze one meal for a later date.

# Soups and Starters

## *Carrot & Celery Soup*

Serves 4

***Ingredients***
*25 g (1 oz) butter or margarine*
*1 large onion, peeled and finely chopped*
*675 g (1½ lb) carrots, peeled and sliced*
*4 sticks celery, chopped*
*1 litre (1¾ pt) hot vegetable stock*
*1 small orange, grated rind and juice of*
*salt and pepper*
*30 ml (2 tbsp) chopped parsley*

**Dish: 3 litre (6pt) bowl** **Oven Accessory: glass turntable**

1. Place the butter and onion in bowl. Cover and cook on **HIGH** power for 3 mins. or until softened.
2. Stir in the carrots and celery. Cover and cook on **HIGH** power for 8-10 mins. or until vegetables are softened. Stir halfway during cooking.
3. Pour in the stock. Cover and cook on **HIGH** power for 5 mins. and then **LOW** power for 15 mins. or until the vegetables are tender.
4. Drain the vegetables and coarsely puree with a little of the stock, then return to the bowl with the remaining stock.
5. Add the orange rind and juice, season to taste. Cover and cook on **HIGH** power for 3-4 mins. or until piping hot. Serve garnished with chopped parsley.

## *Cream of Mushroom Soup*

Serves 4

***Ingredients***
*25 g (1 oz) butter*
*1 small onion, chopped*
*600 ml (1 pt) hot chicken stock*
*225 g (8 oz) button mushrooms, sliced*
*bouquet garni*
*15 ml (1tbsp) cornflour*
*300 ml (½ pt) milk*
*salt and pepper*
*60 ml (4 tbsp) single cream*

**Dish: 3 litre (6pt) bowl** **Oven Accessory: glass turntable**

1. Place the butter and chopped onion in a large bowl. Cover and cook on **HIGH** power for 3 mins. or until soft.
2 Add the stock, mushrooms and bouquet garni. Cover and cook on **HIGH** power for 15-20 mins. or until mushrooms are soft.
3. Remove the bouquet garni and blend the soup until smooth. Mix the cornflour with a little of the milk, then stir in remaining milk. Add to the mushroom mixture.
4. Cover and cook on **HIGH** power for 5 mins. or until thickened. Season and serve with cream swirled on top.

## *Pizza Pies*

Serves 4

***Ingredients***
*425 g (15 oz) packet ready-rolled puff pastry*
*150 ml (10 tbsp) ready-made tomato sauce*
*100 g (4 oz) ham or salami, diced*
*10 fresh basil leaves, chopped*
*60 ml (4 tbsp) pitted black olives*
*100 g (4 oz) grated mozzarella*

**Dish: round pizza tray** **Oven Accessory: glass turntable, metal tray and low rack**

1. Preheat the oven on **FAST-BAKE** on **Convection 250°C and Grill 1**.
2. Unroll the pastry and cut out 4 x 10 cm (4") circles.
3. Spread the tomato sauce over the pastry circles, then sprinkle over the ham/salami, basil, black olives and mozzarella.
4. Place two of the pizzas on a pizza tray on the low rack and cook in the preheated oven on **FAST-BAKE 250°C + Grill 1** for 8 mins, or until the pastry is golden and crisp.
5. Repeat with the remaining tray.

## *Mushroom Paté*

Serves 4

***Ingredients***
*young spinach leaves*
*25 g (1 oz) butter*
*2 garlic cloves, crushed*
*450 g (1 lb) flat black mushrooms, finely chopped*
*75 g (3 oz) fine oatmeal*
*1 egg yolk*
*100 g (4 oz) cream cheese*
*30 ml (2 tbsp) chopped fresh herbs*
*15 ml (1 tbsp) lemon juice*

**Dish: 18 cm (7") souffle dish lightly greased** **Oven Accessory: glass turntable + metal tray**

1. Remove the stalks from the spinach and use the leaves to line the souffle dish, reserving leaves for the top.
2. Place the butter and garlic in a large dish, cover and cook on **HIGH** power for 1 min. or until melted. Add the mushrooms, recover and microwave on **HIGH** power for 5 mins. or until softened. Stir in remaining ingredients and beat well.
3. Spoon the paté mixture into the lined souffle dish and cover with the reserved spinach leaves. Cover with a circle of greaseproof paper and cook on **Combination: Convection 190°C + SIMMER power** for 25 mins. or until firm to the touch. Leave to cool before serving.

## *Pork and Chicken Terrine*

Serves 4-6

***Ingredients***
*250 g (9 oz) streaky unsmoked bacon, derinded*
*225 g (8 oz) pork fillet*
*225 g (8 oz) chicken breast*
*2 onions, finely chopped*
*2 cloves garlic*
*100 g (4 oz) pistachio nuts, shelled*
*15 ml (1 tbsp) green peppercorns*
*30 ml (2 tbsp) brandy*
*5 ml (1 tsp) dried basil*
*15 ml (1 tbsp) parsley, chopped*
*salt and pepper*
*1 egg, beaten*
*225 g (8 oz) thick slice of ham, cut into thin strips*

**Dish: 900 g (2 lb) Pyrex® loaf dish** **Oven Accessory: glass turntable + metal tray**

1. Line base and sides of loaf dish with bacon rashers, stretching each rasher slightly with a knife. Reserve 3-4 rashers for top.
2. Chop pork and chicken coarsely in a food processor. Place in bowl. Process onions and garlic coarsely.
3. Mix together meat, onions, garlic, nuts, peppercorns, brandy, basil, parsley, salt and pepper. Bind together with the egg.
4. Spread half the mixture in the dish. Layer ham on top of mixture and then spread remaining meat mixture on top. Lay reserved bacon on top. Cover with a piece of greaseproof paper.
5. Cook on **Combination: Convection 160°C + WARM power** for 40 mins. or until firm.

## *Goats Cheese & Basil Ciabatta*

Serves 4

***Ingredients***
*2 ciabatta rolls*
*1 clove garlic, halved*
*1 beef tomato*
*100 g (4 oz) goats cheese*
*8 stoned black olives*
*15 ml (1 tbsp) olive oil*
*fresh basil, chopped*
*pepper*

**Oven Accessory: glass turntable, metal tray + grill accessory + splash guard**

1. Halve the rolls, rub each half with garlic and place on the grill accessory. Cook on **Grill 1** for 3-4 minutes or until lightly toasted.
2. Slice the tomato and goats cheese. Quarter the olives.
3. Top each half with the sliced tomato, cheese and olives. Drizzle with olive oil and place on the grill accessory. Cook under preheated grill on **Grill 1** for 2-3 minutes or until the cheese is golden and bubbling.
4. Sprinkle with basil and season with pepper. Serve immediately.

## Cheesey Chicken & Bacon Rolls

Serves 4

***Ingredients***
*8 boneless, skinless chicken thighs*
*30 ml (2 tbsp) wholegrain mustard*
*100 g (4 oz) Gruyère or cheddar cheese*
*8 slices of smoked streaky bacon*

**Dish: metal roasting tin** **Oven Accessory: glass turntable + metal tray + low rack**

1. Spread the mustard over the rolled out chicken thighs and place a thin slice of cheese on top. Roll up the thighs.
2. Stretch the bacon with the back of a knife and wrap tightly around each thigh. Secure with cocktail sticks.
3. Place in the roasting tin and cook in a pre-heated oven on **FAST-BAKE 220˚C + Grill 3** for 30-35 mins. or until thoroughly cooked and golden.

## Smoked Haddock Samosas

Serves 4

***Ingredients***
*450 g (1lb) smoked haddock*
*30 ml (2 tbsp) lemon juice*
*2 hard boiled eggs, chopped*
*90 ml (6 tbsp) breadcrumbs*
*25 g (1 oz) butter*
*25 g (1 oz) plain flour*
*150 ml (¼ pt) milk*
*salt and pepper*
*1 box filo pastry*
*150 g (5 oz) butter, melted*

**Dish: Round baking tray** **Oven Accessory: glass turntable + metal tray**

1. Place the fish and lemon juice in a shallow dish and cook on **HIGH power** for 4-5 mins. or on Auto programme fish. Drain, skin and bone, then flake. Stir in the eggs and breadcrumbs.
2. Place the butter (25 g (1 oz)) in a jug and melt on **HIGH power** for 30-40 secs. Stir in the flour and gradually add the milk. Cook on **HIGH power** for 1-2 mins. or until thickened. Stir halfway, season and mix with fish. Cool.
3. Melt the 150 g (5 oz) butter on **HIGH power** for 1-2 mins. Brush a sheet of filo pastry with melted butter. Fold in half lengthways and brush the top with butter. Place a small amount of the filling at one end and fold into a triangle by folding diagonally. Repeat this with each sheet of filo.
4. Place on a greased baking tray and brush with butter. Cook on **Combination: Convection 220˚C + SIMMER power** for 20-25 mins. or until golden.

## Baked Stuffed Tomatoes

Serves 4

***Ingredients***
*4 beef tomatoes*
*seasoning*
*3 ml (½ tsp) dried basil*
*4 eggs*
*200 g (7 oz) mozzarella cheese*

**Dish: Shallow heatproof dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Slice the tops off the tomatoes. Deseed, scoop out the centre and discard.
2. Drain upside down on kitchen paper.
3. Place tomatoes right way up in heatproof dish.
4. Sprinkle inside with salt and pepper and dried basil.
5. Break in whole egg, and cover the top with slices of mozzarella cheese.
6. Cook in preheated oven on **FAST-BAKE 190˚C + GRILL 2** for 20-25 mins. or until browned on top.

# Fish

Fish cooks very well by microwave as it stays moist and the lingering fish smells left in conventional ovens are avoided.

**WHEN IS FISH COOKED?**

Fish is cooked when it flakes easily and becomes opaque.

**ARRANGING**

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail.

Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.

For fish with a strong odour, eliminate the smell after cooking by placing 600 ml (1 pt) of boiling water and 1 sliced lemon in a large bowl, cook on SIMMER for 20 mins. Wipe out oven with a dry cloth.

**LIQUID**

**Fresh** fish should always be sprinkled with 30 ml (2 tbsp) of lemon juice, white wine or water.

When cooking **Frozen** fish, add liquid as above for even cooking.

Do not sprinkle salt onto fish before cooking as this may make the fish dry.

**WHOLE FISH**

If cooking 2 whole fish together, they should be arranged head to tail for even cooking.

Large whole fish must have the tail and head shielded halfway through cooking with smooth pieces of tin foil secured with cocktail sticks.

**NOISE**

During cooking, popping sounds may be heard. This is due to moisture trapped between the flesh, particularly with oily fish such as salmon and mackerel. This can be minimised when cooking if the skin and flesh is pierced several times with a cocktail stick.

## *Stuffed Citrus Trout*

Serves 4

***Ingredients***
*4 trout, 350 g (12 oz) each*
***Stuffing:***
*1 bunch spring onions, finely chopped*
*100 g (4 oz) button mushrooms, finely sliced*
*grated rind and juice of 1 orange*
*2½ cm (1") cube fresh ginger, peeled and grated*
*dash of Soy sauce*

*juice of 1 orange*
*juice of 1 lime*
*black pepper*
*25 g (1 oz) butter*

**Oven Accessory: glass turntable, metal tray and grill accessory**

1. Wash the fish and pat dry. Fill the fish cavities with the combined stuffing ingredients and arrange the fish in a shallow dish.
2. Pour over the orange and lime juice. Season and marinade for one hour.
3. Dot with butter, place the fish two at a time on the grill accessory.
4. Preheat the Grill to **Grill 2**. Cook for 12-15 mins. or until crisp and brown. Turn halfway. Repeat with remaining fish.

## *Tuna Fish Cakes*

Serves 4

***Ingredients***
*350 g (12 oz) potatoes*
*25 g (1 oz) butter*
*1 small onion, finely chopped*
*200 g (7 oz) can tuna, drained*
*1 egg, hardboiled, chopped*
*30 ml (2 tbsp) fresh parsley, chopped*
*10 ml (2 tsp) lemon juice*
*salt and pepper*
*1 egg, beaten*
*100 g (4 oz) breadcrumbs*

**Oven Accessory: glass turntable + metal tray + grill accessory + splash guard**

1. Cook potatoes with 45 ml (3 tbsp) water, covered on **HIGH** power for 6-8 mins. or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on **HIGH** power for 4 mins. or until soft. Add potatoes and mash.
3. Stir in tuna, hard boiled egg, parsley and lemon juice, season well.
4. Shape into 8 cakes and coat in beaten egg and breadcrumbs.
5. Place on grill accessory and cook on **Combination: FAST-BAKE 250˚C + Grill 1 + WARM power** for 12-15 mins. or until brown, turning halfway.

## *Special Occasion Fish Pie*

Serves 4

***Ingredients***
*450 g (1 lb) white fish*
*450 g (1 lb) mixed seafood*
*50 g (2 oz) butter*
*50 g (2 oz) flour*
*450 ml (¾ pt) milk*
*300 ml (½ pt) white wine*
*6 gherkins, diced*
*15 ml (1 tbsp) fresh parsley*
*10 ml (2 tsp) dill*
*salt and pepper*

***Rosti topping:***
*900 g (2 lb) potatoes*
*15 ml (1 tbsp) capers*
*50 g (2 oz) butter, melted*
*50 g (2 oz) cheddar cheese, grated*

**Dish: Gratin dish** **Oven Accessory: glass turntable + metal tray**

1. Place the white fish with 2 tbsp water in a shallow dish. Cover and cook on **HIGH** power for 4-5 mins or on AUTO FISH programme. Drain, skin, bone and flake.
2. Make the sauce by melting the butter in a large jug on **HIGH** power for 1 min. Add the flour and stir well. Mix in the milk and wine and cook on **HIGH** power for 4-5 mins. Stir halfway. Mix in the fish, mixed seafood, gherkins and herbs. Pour into the dish.
3. Grate the potatoes and mix in the capers, melted butter and grated cheese. Pile onto fish sauce without pressing firmly to keep the grated form. Cook on **Combination: Convection 220°C + SIMMER** power for 30-35 mins. or until piping hot and golden.

## *Salmon & Vegetable Mornay*

Serves 4

***Ingredients***
*100 g (4 oz) broccoli*
*100 g (4 oz) cauliflower*
*1 medium red pepper, diced*
*198 g (7 oz) can salmon, drained*
*25g (1 oz) butter*
*30 ml (2 tbsp) plain flour*
*300 ml (½ pt) milk*
*50 g (2oz) grated tasty cheese*
*150 ml (¼ pt) cream (optional)*
*salt and pepper to taste*
*15 g (½ oz) butter*
*75 g (3 oz) fresh white breadcrumbs*
*15 ml (1 tbsp) chopped fresh parsley*
*pinch paprika*

**Dish: 20 x 25 cm (8" x 10") dish Oven Accessory: glass turntable + metal tray + low rack**

1. Break broccoli and cauliflower into florets, add red pepper and 2 tbsp water. Cover and cook on **HIGH** power for 5-6 mins. or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in jug on **HIGH** power for approx. 20-30 secs. Stir in flour then milk. Cook on **HIGH** power for 2 mins. or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon.
4. Melt extra butter in a small bowl on **HIGH** power for approx. 15-20 secs. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture.
5. Cook on **Combination: FAST-BAKE 230˚C + Grill 3 + LOW power** for 10-12 mins. or until golden brown.

## Coubliac

Serves 4

***Ingredients***
*50 g (2 oz) long grain rice*
*300 ml (1/2 pt) boiling water*
*1 onion, finely chopped*
*50 g (2 oz) mushrooms, chopped*
*25 g (1 oz) butter*
*salt and pepper*
*175 g (6 oz) salmon tail*
*30 ml (2 tbsp) white wine*
*375 g (13 oz) puff pastry*
*2 hardboiled eggs, chopped*
*beaten egg to glaze*
***To Serve:***
*150 ml (1/4 pt) carton soured cream*
*15 ml (1 tbsp) fresh chopped parsley*

**Dish: baking sheet (round)** **Oven Accessory: glass turntable + metal tray**

1. Place rice and water in a large casserole, cover and cook on **HIGH** power for 10 mins. or until just cooked. Drain.
2. Place the onion, mushrooms and butter in a small bowl, cover and cook on **HIGH** power for 3 mins. or until just softened.
3. Place salmon in a shallow dish, sprinkle with wine and cook covered on **HIGH** power for 2 mins. (or AUTO PROGRAMME FISH). Cool and flake.
4. Roll pastry to a rectangle approx. 25 x 30 cm (10 x 12"). Trim and reserve trimmings. Combine all ingredients together. Spread down one side of pastry rectangle leaving 1.5 cm (1/2") around the edge. Brush the edges with beaten egg and fold pastry over. Seal. Brush top with egg and use the trimmings to decorate. Carefully lift onto a baking sheet and chill for 20 mins. Preheat oven on **Convection 210°C**. Cook on **Combination: Convection 220˚C + SIMMER** power for 20-25 mins. or until golden brown. Serve hot with soured cream combined with chopped parsley.

## Family Fish Pie

Serves 4

***Ingredients***
*450 g (1 lb) smoked haddock*
*30 ml (2 tbsp) lemon juice*
*1 large onion, sliced*
*15 ml (1 tbsp) oil*
*40 g (1 1/2 oz) butter*
*40 g (1 1/2 oz) flour*
*3 ml (1/2 tsp) mustard*
*600 ml (1 pt) milk*
*salt and pepper*
*100 g (4 oz) Red Leicester cheese*
*600 g (1 1/4 lb) cooked jacket potatoes, sliced*
*75 g (3 oz) wholemeal breadcrumbs*

**Dish: large casserole** **Oven Accessory: glass turntable + metal tray**

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on **HIGH** power for 3 mins. or until it flakes easily.
2. Place onion and oil in a bowl. Cover and cook on **HIGH** power for 3 mins. or until the onion is soft.
3. Melt the butter on **HIGH** power for 30 secs. Stir in the flour and mustard and cook for a further 15 secs. Add milk and seasoning, gradually stir to a smooth paste. Cook on **HIGH** power for 5 mins. or until the sauce is thick and bubbling. Stir twice during cooking. Add 75 g (3 oz) of grated cheese to the sauce and stir well.
4. Flake the fish and arrange in a serving dish. Add onions and place the sliced potatoes on top.
5. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on **Combination: Convection 190°C + SIMMER power** for 15-20 mins. or until golden brown and piping hot.

## Trout Parcels with Orange and Mustard

Serves 4

***Ingredients***
*8 fillets Rainbow trout*
*8 x 5 ml (1 tsp) wholegrain mustard*
*3 oranges, peeled and pith removed*

**Oven Accessory: glass turntable + grill accessory + splash guard + metal tray**

1. Wash and dry the fillets and spread the flesh side of each fillet with mustard, then divide orange slices between them.
2. Fold each one over and secure with wooden cocktail sticks.
3. Place on grill accessory.
4. Cook on **FAST-BAKE 220˚C + Grill 2** for 20 mins or until brown and crispy.

## *Bouillabaisse*

Serves 6

***Ingredients***
*225 g (8 oz) tomatoes*
*125 ml (4 fl.oz) olive oil*
*30 ml (2 tbsp) tomato puree*
*2 onions, chopped*
*1 large leek, sliced*
*4 garlic cloves, crushed*
*1.2 ltr (2 pt) fish stock*
*salt and black pepper*
*150 ml (1/4 pt) dry white wine*
*4 sprigs thyme*
*small piece of orange peel*
*4 strands saffron*
*5 ml (1 tsp) chilli sauce*
*450 g (1 lb) cod, haddock or coley*
*450 g (1 lb) mixed seafood*
*4 large fresh prawns*
*bunch of dill to garnish*

**Dish: 3 litre (6 pt) casserole** **Oven Accessory: glass turntable**

1. Skin the tomatoes and cut into four pieces, removing the cores. Place the oil and tomato puree in a large bowl, heat on **HIGH** power for 1 min. and mix well. Add the onions and leek, cook on **HIGH** power for 3-4 mins. or until soft.
2. Add the garlic, tomatoes, stock, wine, thyme and orange peel, saffron and chilli sauce. Heat on **HIGH** power for 3-4 mins. Skin the fish, cut into chunks and add to the tomato liquid. Cook on **HIGH** power for 3-4 mins. or until the fish is cooked. Add the mixed seafood and prawns and heat again for 2-3 mins. on **HIGH** power or until hot, taking care not to overcook the fish.
3. Serve garnished with Dill.

## *Haddock and Spinach Florentine*

Serves 4

***Ingredients***
*50 g (2 oz) butter*
*50 g (2 oz) flour*
*450 ml (3/4 pt) milk*
*100 g (4 oz) Cheddar cheese, grated*
*salt and pepper*
*pinch grated nutmeg*
*450 g (1 lb) frozen spinach*
*450 g (1 lb) smoked haddock fillet, skinned*
*50 g (2 oz) breadcrumbs*

**Dish: 20 cm (8") square dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Mix together the butter, flour and milk in a large jug and cook uncovered on **HIGH** power for 4-5 mins. or until the sauce has thickened, whisking every minute. Stir in half of the cheese and season well with salt, pepper and nutmeg.
2. Place spinach in the dish and cook covered on **HIGH** power for 6-7 mins. or until cooked. Place in a sieve and drain thoroughly, then place back into the dish.
3. Place the fish in a single layer on top of the spinach. Cook covered on **HIGH** power for 4-5 mins. or until tender.
4. Pour the cheese sauce over the fish to cover it completely. Cook uncovered on **HIGH** power for 3 mins. then sprinkle the remaining cheese and breadcrumbs on top. Brown under the GRILL for 5-6 mins. or until brown and crisp.

## *Fish Curry*

Serves 4

***Ingredients***
*25 g (1oz) butter*
*1 clove garlic, crushed*
*1 small onion, finely chopped*
*15 ml (1 tbsp) plain flour*
*15 ml (1 tbsp) curry powder*
*grated rind and juice of 1/2 lemon*
*300 ml (1/2 pt) hot fish stock*
*25 g (1 oz) sultanas*
*10 ml (2 tsp) tomato puree*
*30 ml (2 tbsp) mango chutney*
*450 g (1 lb) haddock, skinned and chopped*
*salt and pepper*
*75 g (3 oz) creamed coconut*

**Dish: large casserole** **Oven Accessory: glass turntable**

1. Melt the butter in the casserole dish on **HIGH** power for 30 secs. or until melted.
2. Stir in the garlic and onion and cook covered on **HIGH** power for 3 mins.
3. Stir in the flour, curry powder, lemon rind and juice and fish stock. Cover and cook on **HIGH** power for 3 mins. stirring halfway through the cooking time.
4. Stir in the remaining ingredients except the coconut, cover and cook on **HIGH** power for 3-4 mins. or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry. Leave to stand for 5 mins. before serving with boiled rice.

## Crispy Mussels

Serves 4

***Ingredients***
*1 clove garlic, crushed*
*15 ml (1 tbsp) parsley*
*pinch of ground cumin*
*15 ml (1 tbsp) coriander*
*30 ml (2 tbsp) soft butter*
*30 ml (2 tbsp) breadcrumbs*
*freshly ground pepper*
*24 fresh green lip mussels on the half shell*

**Oven Accessory: glass turntable + metal tray + grill accessory**

1. Beat the garlic, parsley, cumin, coriander and butter together. Add the breadcrumbs and pepper. Mix well.
2. Put a teaspoon of the mixture onto each mussel. Place on the Grill accessory and brown under a preheated grill on **Grill 1** for 2-3 mins. or until golden and bubbling.

## Tuna & Sweetcorn Lasagne

Serves 4

***Ingredients***
*15 ml (1 tbsp) vegetable oil*
*1 clove garlic, crushed*
*1 large onion, chopped*
*1 x 397 g (14 oz) can chopped tomatoes*
*15 ml (1tbsp) tomato puree*
*1 x 397 g (14 oz) tin tuna, drained*
*1 x 200 g (7 oz) can sweetcorn, drained*
*1 x 200 g (7 oz) can sliced carrots, drained*
*100 g (4 oz) broccoli florets*
*100 g (4 oz) cashew nuts*
*salt and pepper*
*50 g (2 oz) butter*
*50 g (2 oz) plain flour*
*600 ml (1 pt) milk*
*175 g (6 oz) grated cheddar cheese*
*30 ml (2 tbsp) chopped mixed herbs*
*10 sheets lasagne (precooked)*

**Dish: 24 cm (9") square dish** **Oven Accessory: glass turntable + metal tray**

1. Place oil, garlic and onions in a bowl. Cover and cook on **HIGH** power for 2-3 mins. or until softened.
2. Add the tomatoes, puree, tuna, sweetcorn, carrots, broccoli, nuts and seasoning. Cover and cook on **HIGH** power for 10-12 mins. or until vegetables are softened. Stir frequently.
3. Melt the butter in a large jug on **HIGH** power for 30-40 secs. Stir in the flour then add the milk gradually to form a smooth paste. Cook on **HIGH** power for 5 mins. or until the sauce is thick and bubbling. Stir frequently. Add 150 g (5 oz) of the grated cheese, herbs and season to taste.
4. Pour half the tuna mixture over the base of the dish. Top with half the lasagne and half the sauce. Repeat the layers ending up with the final layer of sauce. Sprinkle with the remaining cheese. Cook on **Combination: Convection 190°C + SIMMER power** for 25-30 mins. or until the pasta is tender.

## Mixed Seafood Gratin

Serves 4

***Ingredients***
*50 g (2 oz) onion*
*2 garlic cloves*
*50 g (2 oz) butter*
*15 ml (1 tbsp) plain flour*
*100 ml (4 fl.oz) white wine*
*50 ml (2 fl.oz) milk*
*150 ml (¼ pt) cream*
*175 g (6 oz) Emmental cheese*
*450 g (1 lb) mixed cooked seafood*
*75 g (3 oz) watercress*
*100 g (4 oz) Tortilla chips*
*50 g (2 oz) breadcrumbs*
*seasoning*

**Dish: 24 cm (9") round gratin dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Chop the onion and garlic. Place with butter in a large bowl and soften on **HIGH** power for 3-4 mins. Add the flour and pour in the wine and milk gradually. Stir well. Thicken on **HIGH** power for 3-4 mins, stirring halfway. Add the cream and cheese.
2. Add the seafood and watercress to the sauce and mix well. Season to taste.
3. Spoon into the gratin dish and top with the crushed tortilla chips and breadcrumbs.
4. Cook on **Combination: FAST-BAKE 230˚C + Grill 3 + LOW power** for 12-14 mins or until crisp and piping hot.

# Meat and Poultry

## Guidelines

**DEFROSTED JOINTS**

If the meat has previously been frozen, ensure it is properly thawed before cooking by microwave. Defrosted joints of meat must be allowed to **STAND** for a **minimum of 30 mins.** before cooking to ensure the centre is fully defrosted.

**FAT**

Large amounts of fat absorb microwave energy and can cause the meat next to it to overcook. Always choose joints that aren't excessively fatty.

**STANDING TIME**

Meat and poultry require a **minimum of 15 mins. STANDING TIME** wrapped in aluminium foil after cooking by microwave. Roast meat is always easier to carve after STANDING and the meat will continue to cook during the STAND TIME.

**BONE**

Bone tips on legs of lamb and crown roasts may need shielding when cooked by microwave, to prevent overcooking.

**TURNING**

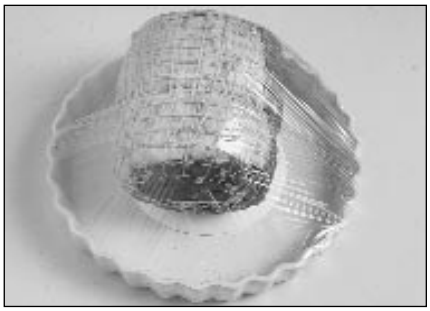
Joints and poultry **should be turned over** halfway through cooking.

**SHIELDING**

Large joints may need shielding with pieces of smooth aluminium foil after half the cooking time to avoid overcooking on the outside edges. Turkeys and large chickens should have their breast meat, legs and wings protected. Secure foil with cocktail sticks and **do not** allow foil to touch the walls of the oven.

**How to roast a joint by Combination**

Place the joint on Low Rack on Splash Guard in Metal Tray and place on Glass Turntable.



**How to roast a joint by microwave**

To roast basic joints of meat place the joint onto the rack of a microwave roasting set and cover with a dome lid. Alternatively use a large, shallow dish and place the joint on an upturned saucer and cover with cling film.

**ROASTING BAGS**

Roasting bags are useful when split up one side to tent a joint for roasting by power and time.

**Do not** use the metal twists supplied.

**How to cook small cuts of meat by microwave**

Some cuts of meat can be cooked successfully by microwave although due to their short cooking times and no heat source, they will not crisp and brown.

They should always be cooked on a microwave rack to lift them out of their juices.

## TIPS

Braised and stewed meat cooked in a microwave has a slightly firm texture and therefore it is essential to purchase good quality meats.

When cooking a casserole, place a saucer or small upturned plate over the meat to keep it submerged in the juices.

**Crispy Bacon** - place on a microwave safe rack (optional extra obtainable from cookware shops). Cover with a plain piece of kitchen towel to minimise splatter. Cook on HIGH power for approx. 45 secs. per rasher, or until desired crispness is achieved.

## Coq au Vin

Serves 4

***Ingredients***

*4 chicken portions approx. 1.2 kg (2½ lb) in weight*
*5 ml (1 tsp) mixed herbs*
*salt and pepper*
*100 g (4 oz) streaky bacon*
*100 g (4 oz) button mushrooms*
*1 clove garlic, crushed*
*450 g (1 lb) whole shallots*
*30 ml (2 tbsp) brandy*
*300 ml (½ pt) red wine*
*300 ml (½ pt) chicken stock*

**Dish: large casserole with lid** **Oven Accessory: glass turntable + metal tray**

1. Place all ingredients in casserole dish.
2. Cover and cook on **Combination: Convection 160°C + WARM power** for 1hr 10 mins. or until cooked through.
3. Remove skin from chicken pieces and skim off any excess fat. Thicken using a little cornflour mixed with water. Serve sprinkled with chopped parsley.

## Chicken Satay

Serves 4-6

***Ingredients***

*4 chicken breast fillets, skinned*
*100 g (4 oz) creamed coconut*
*45 ml (3 tbsp) lemon juice*
*30 ml (2 tbsp) soy sauce*
*30 ml (2 tbsp) vegetable oil*
*2 garlic cloves, crushed*
*5 ml (1 tsp) ground turmeric*
*5 ml (1 tsp) five-spice powder*
*5 ml (1 tsp) coriander seeds*
*5 ml (1 tsp) cumin seeds*
*90 ml (6 tbsp) crunchy peanut butter*
*large pinch of chilli powder*

**Dish: 8 wooden skewers**
**Oven Accessory: glass turntable + metal tray + grill accessory + splash guard**

1. Cut the chicken into small chunks and place in a bowl. Place 50 g (2 oz) creamed coconut, 30 ml (2 tbsp) lemon juice and 15 ml (1 tbsp) soy sauce into a blender or food processor. Add the oil, garlic, turmeric, five spice, coriander and cumin and blend until smooth.
2. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
3. For the serving sauce: Crumble 50 g (2 oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1tbsp) of the lemon juice, 15ml (1tbsp) of the soy sauce, the chilli powder and 300 ml (½ pt) water. Cook on **HIGH** power for 5-6 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
4. Thread the chicken onto wooden skewers. Place on grill accessory and cook on **Combination: FAST-BAKE 250˚C + Grill 1 + WARM power** for 15 mins. or until cooked through, turning occasionally. Serve hot with sauce for dipping.

## Creamy Chicken Gratin

Serves 4

***Ingredients***

*350 g (12 oz) leeks, trimmed*
*25 g (1 oz) butter*
*30ml (2 tbsp) plain flour*
*300 ml (½ pt) milk*
*225 g (8 oz) cooked chicken, chopped*
*100 g (4 oz) ham, chopped*
*175 g (6 oz) Gruyere cheese, grated*
*4 frozen individual garlic bread slices*

**Dish: 24 cm (9") round gratin dish**
**Oven Accessory: glass turntable + metal tray + low rack**

1. Slice the leeks and place in a large bowl with the butter. Cover and soften on **HIGH** power for 3-4 mins. or until softened.
2. Add the flour and mix well. Stir in the milk and heat on **HIGH** power for 4-5 mins. or until thickened. Add the chicken, ham and cheese then season and mix well.
3. Pour into the dish and top with the garlic bread slices. Cook on **Combination: FAST-BAKE 230°C + Grill 3 + LOW power** for 15-20 mins or until piping hot and golden.

## *Cheesey Aubergine Chicken*

Serves 4

***Ingredients***
*350 g (12 oz) aubergine*
*olive oil*
*50 g (2 oz) grated Parmesan cheese*
*10 ml (2 tsp) dried marjoram*
*4 skinless chicken breasts*
*1 egg, beaten*
*1 onion, chopped*
*2 cloves of garlic, crushed*
*400 g (14 oz) canned chopped tomatoes*
*15 ml (1 tbsp) tomato puree*
*salt and pepper*
*100 g (4 oz) Mozzarella cheese, grated*

**Dish: rectangular ceramic dish**
**Oven Accessory: glass turntable + grill accessory + metal tray + splash guard**

1. Thinly slice the aubergine. Brush each side with oil and place on the grill accessory. Cook on preheated **Grill 1** for 10 mins, turning halfway. The aubergine should be golden and crisp.
2. Mix the parmesan with 5 ml (1 tsp) marjoram. Dip the chicken in the beaten egg, then the cheese mixture. Cover and chill in the fridge for 10-15 mins.
3. Chop the onion and garlic, place in a bowl with 15 ml (1 tbsp) of olive oil. Cover and cook on **HIGH** power for 3 mins. or until soft. Stir in the tomatoes, tomato puree, marjoram and seasoning. Cook on **HIGH** power for 3 mins. or until hot.
4. Pour the sauce into the ceramic dish. Place the chicken, aubergine and mozzarella cheese in overlapping rows over the sauce.
5. Cook on **Combination: Convection 190˚C + SIMMER power** for 35-40 mins, or until golden and the chicken is cooked.

## *Lemon and Ginger Poussin with Onions*

Serves 4

***Ingredients***
*4 lemons, rind and juice of*
*5 cm (2") piece fresh root ginger, peeled and chopped*
*90 ml (6 tbsp) runny honey*
*salt and pepper*
*2 poussins, about 450 g (1 lb) each*
*700 g (1½ lbs) onions, sliced*
*50 g (2 oz) dark brown sugar*

**Dish: 25 cm (10") casserole dish** **Oven Accessory: glass turntable + metal tray**

1. Whisk lemon juice, rind, ginger and honey together. Season. Halve poussins lengthways. Pour over marinade. Cover and refrigerate overnight.
2. Remove roughly half the marinade and place in a large bowl with the sliced onions and sugar. Cover and cook on **HIGH** power for 10 mins. or until the onions are soft.
3. Place the onion mixture in the bottom of the casserole dish. Arrange the poussins on top with the remaining marinade. Cook on **Combination: Convection 220˚C + SIMMER power** for 30-40 mins. or until the poussin is cooked.

## *Crispy Chicken with Hot Salsa*

Serves 4

***Ingredients***
*1 large avocado*
*50 g (2 oz) red onion*
*100 g (4 oz) tomato*
*1 red pepper*
*2 garlic cloves, crushed*
*60 ml (4 tbsp) olive oil*
*15 ml (1 tbsp) lime juice*
*30 ml (2 tbsp) chopped parsley*
*seasoning*
*4 chicken breasts with skin*

**Dish: square ceramic dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Mix together the chopped avocado, onion, tomato and red pepper then mix with the crushed garlic, 30 ml (2 tbsp) of the olive oil, lime juice, parsley and seasoning.
2. Flatten the chicken breasts with a damp rolling pin. Lift the skin to create a pocket and stuff with the salsa mixture.
3. Place the chicken in roasting dish. Drizzle with olive oil and cook in a preheated oven on **FAST-BAKE 220˚C + GRILL 2** for 25-30 mins or until cooked and golden.

## *Savoury Mince*

Serves 4

***Ingredients***
*1 onion, diced*
*1 clove garlic, crushed*
*15 ml (1 tbsp) oil*
*397 g (14 oz) can chopped tomatoes*
*15 ml (1 tbsp) tomato puree*
*5 ml (1 tsp) mixed herbs*
*450 g (1 lb) mince*
*salt and pepper*

**Dish: 1.5 litre (3 pt) casserole dish** **Oven Accessory: glass turntable**

1. Place onion, garlic and oil in casserole, cover and cook on **HIGH** power for 2 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on **HIGH** power for 10 mins. then **MEDIUM** power for 15-20 mins. or until cooked.

**Variation: Chilli Con Carne**
Add 396 g (14 oz) can red kidney beans drained, 5-10 ml (1-2 tsp) chilli powder, 1 diced green pepper to the ingredients above.

## *Lasagne*

Serves 4

***Ingredients***
*1 quantity of Savoury Mince (see above)*
*double quantity of White Pouring Sauce (see page 86)*
*100 g (4 oz) grated cheese*
*5 ml (1 tsp) mustard*
*salt and pepper*
*12 sheets pre-cooked lasagne (or sufficient for 3 layers)*
*60 ml (4 tbsp) Parmesan cheese*

**Dish: large rectangular dish approx. 27 x 23 cm (11" x 9")**
**Oven Accessory: glass turntable + metal tray**

1. Add cheese and seasoning to the hot white sauce.
2. Cover the base of the dish with a layer of cheese sauce, then a layer of lasagne, followed by a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of cheese sauce.
3. Sprinkle Parmesan cheese over the top and cook on **Combination: Convection 190°C + SIMMER power** for 20-25 mins. or until the pasta is tender and brown and crisp on top.

## *Shepherd's Pie*

Serves 4

***Ingredients***
*1 medium onion, chopped*
*2 carrots, chopped*
*25 g (1 oz) butter*
*350 g (12 oz) cold cooked beef or lamb, minced*
*300 ml (½ pt) hot beef stock*
*3 ml (½ tsp) Worcestershire sauce*
*15 ml (1 tbsp) gravy thickening*
*5 ml (1 tsp) tomato puree*
*salt and pepper*
*675 g (1½ lb) potatoes, cubed*
*135 ml (9 tbsp) water*
*30 ml (2 tbsp) milk*
*25 g (1 oz) cheese*

**Dish: medium casserole** **Oven Accessory: glass turntable + metal tray**

1. Place onion, carrots and butter in casserole. Cover and cook on **HIGH** power for 3-5 mins. or until soft.
2. Add minced meat to vegetables and mix well. Mix together stock, Worcestershire sauce, gravy thickening and tomato puree, pour over meat and season to taste.
3. Cook potatoes with water, covered on **HIGH** power for 7-8 mins. Drain and mash well with the milk and spread on top of the meat, using a fork to make a pattern on top.
4. Sprinkle with cheese and cook on **Combination: Convection 190°C + WARM power** for approximately 25-30 mins. or until top is crisp and golden.

## Tacos

Serves 4

***Ingredients***
*1 quantity Chilli Con Carne*
*(see page 67)*
*12 Taco shells*
*½ lettuce, shredded*
*2 tomatoes, thinly sliced*
*100 g (4 oz) cheese, grated*

**Dish: large dinner plate** **Oven Accessory: glass turntable**

1. Prepare Chilli Con Carne according to recipe instructions.
2. Stand shells on plate. Heat on **HIGH** power for 40-50 secs. to warm through.
3. Divide shredded lettuce between Taco shells. Fill with hot Chilli mixture. Top with sliced tomato and sprinkle with grated cheese. Serve immediately.

## Steak and Kidney Pudding

Serves 4

***Ingredients***
***Filling:***
*350 g (12 oz) braising steak, cubed*
*100 g (4 oz) kidney, cubed*
*30 ml (2 tbsp) seasoned flour*
*1 onion, chopped*
*600 ml (1 pt) hot beef stock*
***Pudding:***
*175 g (6 oz) self-raising flour*
*pinch salt*
*75 g (3 oz) suet*
*cold water to mix*
*15 ml (1 tbsp) cornflour*

**Dish: 1.5 litre (3 pt) casserole + 1.2 litre (2 pt) pudding basin**
**Oven Accessory: glass turntable**

1. Combine all filling ingredients in casserole. Place upturned plate on top of meat, cover and cook on **HIGH** power for 10 mins. then **SIMMER** power for 60 mins. or until meat is tender. Remove plate.
2. Mix flour, salt and suet together. Mix to a firm dough with cold water.
3. Roll out ¾ of the pastry to line basin.
4. Remove meat with a slotted spoon and fill basin. Mix cornflour with water and stir into the gravy. Cook on **HIGH** power for 2 mins. stirring once, or until gravy has thickened. Pour 60 ml (4 tbsp) of gravy over the meat and reserve the rest for serving. Roll remaining pastry to form a lid, moisten the edges and seal over the top of the meat.
5. Cook on **MEDIUM** power for 10-12 mins. or until pastry looks dry.

## Belgian Beef Casserole

Serves 4

***Ingredients***
*675 g (1½ lb) braising steak, cubed*
*3 large onions, sliced thinly*
*1 clove garlic, crushed*
*30 ml (2 tbsp) seasoned flour*
*15 ml (1 tbsp) brown sugar*
*300 ml (½ pt) hot beef stock*
*300 ml (½ pt) light ale*
*15 ml (1 tbsp) wine vinegar*
*5 ml (1 tsp) mixed herbs*
*2 bay leaves*
***Topping:***
*8 x 2.5 cm (1") slices of French bread*
*15 ml (1 tbsp) French mustard*
*60 ml (4 tbsp) butter, softened*
*1 clove garlic, crushed*

**Dish: large casserole with lid** **Oven Accessory: glass turntable + metal tray**

1. Combine all the casserole ingredients in dish. Cover with lid and cook on **Combination: Convection 160˚C + WARM power** for 1hr 30 mins, or until meat is tender, or AUTO PROGRAMME CASSEROLE. Remove bay leaves.
2. Blend mustard, butter and garlic. Spread over one side of each bread slice.
3. Uncover casserole and arrange bread on top. Return to oven and cook uncovered on **Combination: Convection 160˚C + WARM power** for a further 15 mins. The casserole is ready when the bread slices are crisp and golden.

## Hungarian Goulash

Serves 4

***Ingredients***
*600 g (1¼ lb) braising steak, cubed*
*45 ml (3 tbsp) seasoned flour*
*600 ml (1 pt) hot beef stock*
*45 ml (3 tbsp) tomato puree*
*30 ml (2 tbsp) paprika*
*5 ml (1 tsp) sugar*
*60 ml (4 tbsp) soured cream*

**Dish: large casserole + lid** **Oven Accessory: glass turntable + metal tray**

1. Toss meat in the flour. Combine all ingredients except the soured cream in casserole dish.
2. Cook on **Combination: Convection 160°C + WARM power** for 1hr 30 mins, or until the meat is tender, or on AUTO PROGRAMME CASSEROLE.
3. Remove from oven and immediately stir in the soured cream. Serve with ribbon noodles.

## Madras Curry

Serves 4

***Ingredients***
*15 ml (1 tbsp) oil*
*1 large onion, sliced*
*3 cloves garlic, crushed*
***Spices and Flavourings:***
*10 ml (2 tsp) ground coriander*
*3 ml (½ tsp) chilli powder, ground cardamom, ground cloves*
*15 ml (1 tbsp) garam marsala*
*15 ml (1 tbsp) ground turmeric*
*5 ml (1 tsp) ground cumin*
*30 ml (2 tbsp) flour*
*15 ml (1 tbsp) tomato puree*
*450 g (1 lb) shoulder of lamb, cubed*
*juice of 1 lemon*
*5 ml (1 tsp) sugar*
*25 g (1 oz) sultanas*
*pinch of salt*
*450 ml (¾ pt) hot stock*

**Dish: large casserole dish with lid** **Oven Accessory: glass turntable + metal tray**

1. Place the oil, onion and garlic in casserole dish. Cover and cook on **HIGH** power for 3 mins.
2. Blend in all the spices and cook on **HIGH** power for 2 mins.
3. Stir in the flour and tomato puree. Add all other ingredients including meat. Blend in hot stock.
4. Cover and cook on **Combination: Convection 160°C + WARM** power for 1hr-1hr 30 mins. or until meat is tender, or use AUTO PROGRAMME CASSEROLE. Serve with boiled rice and lemon or lime wedges and poppadoms.

## Moussaka

Serves 4

***Ingredients***
*1 aubergine, sliced*
*30 ml (2 tbsp) oil*
*2 cloves garlic, crushed*
*1 medium onion, chopped*
*396 g (14 oz) can tomatoes*
*30 ml (2 tbsp) tomato puree*
*350 g (12 oz) lamb, cooked and finely diced*
*salt and pepper*
***Topping:***
*2 eggs*
*150 ml (¼ pt) single cream*
*100 g (4 oz) cheese, grated*
*25g (1 oz) Parmesan cheese, grated*

**Dish: 20 cm (8") souffle dish** **Oven Accessory: glass turntable + metal tray**

1. Place aubergines in a large colander and sprinkle liberally with salt. Stand for 20 mins. or until bitter juices run out. Rinse well under cold water and drain.
2. Place oil, garlic, onion and aubergine in dish. Cover and cook on **HIGH** power for 2 mins. or until softened.
3. Add tomatoes and puree and cook re-covered on **HIGH** power for 7 mins. Add lamb and season, mix well.
4. Whisk eggs, cream and cheese together and pour over lamb. Sprinkle with Parmesan cheese and cook on **Combination: Convection 190°C + SIMMER power** for 15-20 mins. or until topping is puffed and golden.

## Glazed Gammon

Serves 4

***Ingredients***
*900 g (2 lb) unsmoked gammon joint*
*cold water to cover*
*300 ml (½ pt) white wine (optional)*
*1 onion, peeled*
*4 whole cloves*
*10 peppercorns*
*45 ml (3 tbsp) honey*
*30 ml (2 tbsp) orange juice*
*15 ml (1 tbsp) demerara sugar*
*15 ml (1 tbsp) Dijon mustard*
*12 whole cloves*

**Dish: large bowl  Oven Accessory: glass turntable + low rack + metal tray + splash guard**

1. In a large bowl or casserole soak the gammon in water for at least 2 hours. Discard the water, recover the joint with fresh water and wine (if using). Add onion stuck with cloves and peppercorns and cook on **HIGH** power for 15 mins. then **MEDIUM** power for 15-20 mins. per 450 g (1 lb) or until cooked. Drain.
2. Mix together the honey, juice, sugar and mustard. Cook on **HIGH** power for 1 min. Leave to cool.
3. Remove the gammon rind. Score the fat in a lattice pattern and stud with cloves. Brush over half of the glaze.
4. Place gammon onto low rack + splashguard on metal tray on turntable and cook in a preheated oven on **FAST-BAKE 170°C + Grill 1** for 10-15 mins. until golden, spreading over the remaining glaze halfway through cooking time.

## Lamb Kebabs

Serves 4

***Ingredients***
*1 clove garlic, crushed*
*5 ml (1 tsp) chilli powder*
*5 ml (1 tsp) ground cumin*
*150 ml (¼ pt) soured cream*
*15 ml (1 tbsp) chopped mint*
*450 g (1 lb) minced lamb*
*1 onion, grated*

**Dish: 8 wooden skewers  Oven Accessory: glass turntable + grill accessory + metal tray + splash guard**

1. Mix the garlic, chilli powder and cumin together. Stir into the soured cream and add mint.
2. Place the minced lamb and onion in a bowl and add half the flavoured cream. Mix well.
3. With damp hands, form the mince mixture into long sausages around the skewers.
4. Arrange the kebabs on the grill accessory, brush with remaining cream. Cook on **Combination: FAST-BAKE 250˚C + Grill 1 + WARM power** for 15-20 mins. turning halfway.

## Kidneys Turbigo

Serves 4

***Ingredients***
*6 lambs kidneys*
*1 onion, sliced*
*25 g (1 oz) butter*
*100 g (4 oz) button mushrooms, halved*
*15 g (½ oz) flour*
*8 chipolata sausages, halved*
*60 ml (4 tbsp) red wine*
*60 ml (4 tbsp) hot beef stock*
*30 ml (2 tbsp) tomato puree*
*salt and pepper*

**Dish: large casserole  Oven Accessory: glass turntable**

1. Skin, halve and core the kidneys. Remove any fat or gristle.
2. Place the onion and butter in the casserole. Cover and cook on **HIGH** power for 2 mins. or until the onion starts to soften.
3. Add the kidneys, cover and cook on **HIGH** power for 4 mins. Turn halfway during cooking.
4. Add remaining ingredients, cover and cook on **MEDIUM** power for 15-18 mins. or until the kidneys are tender. Stir halfway during cooking.

## Hawaiian Ribs

Serves 2

***Ingredients***
*1 kg (2½ lb) pork spare ribs*
*300 ml (½ pt) water*
*225 g (8 oz) can crushed pineapple*
*150 ml (¼ pt) HP Fruity Sauce*
*15 ml (1 tbsp) brown sugar*
*45 ml (3 tbsp) soy sauce*
*5 ml (1 tsp) fresh grated ginger*

**Dish: 20 x 25 cm (8 x 10") rectangular dish** **Oven Accessory: glass turntable + metal tray + grill accessory + splash guard**

1. Place the ribs in a single layer in dish with the water, cover and cook on **HIGH** power for 10 mins. Drain.
2. Place all other ingredients in blender and blend until smooth. Dip each rib in the sauce ensuring they are well coated.
3. Place on grill accessory and cook on **Combination: FAST-BAKE 230°C + Grill 3 + LOW power** for 20 mins.or until cooked and crisping. Baste with extra sauce if required. Turn occasionally.

## Casserole Pork with Herby Dumplings

Serves 4

***Ingredients***
*30 ml (2 tbsp) oil*
*1 medium onion, chopped*
*1 green pepper, deseeded and chopped*
*225 g (8 oz) carrots, sliced*
*450 g (1 lb) lean pork, cubed*
*30 ml (2 tbsp) seasoned flour*
*5 ml (1 tsp) ground bay leaves*
*5 ml (1 tsp) dried sage*
*salt and pepper*
*300 ml (½ pt) dry cider*
***Dumplings:***
*175 g (6 oz) self raising flour*
*75 g (3 oz) suet*
*pinch of salt*
*5 ml (1 tsp) mustard powder*
*15 ml (1 tbsp) fresh parsley, chopped*
*150 ml (¼ pt) cold water*

**Dish: large casserole and lid** **Oven Accessory: glass turntable + metal tray**

1. Place oil, onion, green pepper and carrots in dish, cover and cook on **HIGH** power for 5 mins. or until soft.
2. Toss pork in seasoned flour and add to onion mixture. Stir in all other ingredients, cover and cook on **Combination: Convection 160°C + WARM power** for 1hr or until pork is tender, or on AUTO PROGRAMME CASSEROLE.
3. Whilst cooking make the dumplings by combining the flour, mustard, salt, suet and parsley. Add the water to make a stiff dough. Shape dough into 8 round dumplings.
4. When pork is cooked uncover and place dumplings around the edge of dish. Cook uncovered on **Combination: Convection 160°C + WARM power** for 15 mins. or until dumplings are cooked through.

## Toad In The Hole

Serves 4

***Ingredients***
*100 g (4 oz) plain flour*
*3 ml (½ tsp) salt*
*2 eggs*
*300 ml (½ pt) milk and water*
*25 g (1 oz) lard or dripping*
*450 g (1 lb) sausages*

**Dish: 25 x 18 cm (10" x 7") oblong tin** **Oven Accessory: glass turntable + metal tray + low rack**

1. Preheat oven on **Convection 220°C**.
2. Sift flour and salt in a bowl. Add egg and half the liquid. Beat until smooth. Gradually stir in remaining liquid.
3. Put fat in tin with sausages and place in the preheated oven until fat is sizzling hot.
4. Pour in the batter and cook for 30-35 mins. or until the batter is well risen and golden brown.

***Ingredients***
*225 g (8 oz) carrots, sliced*
*3 celery sticks, sliced*
*15 ml (1 tbsp) vegetable oil*
*4 boneless pork chops*
*15 ml (1 tbsp) prepared mustard*
*1 onion, finely chopped*
*25 g (1 oz) butter*
*15 g (½ oz) flour*
*300 ml (½ pt) milk*
*salt and pepper*
*450 g (1 lb) potatoes, peeled and finely sliced*

## *Pork and Potato Bake*

Serves 4

**Dish: 20 x 25 cm (8" x 10") rectangular dish** **Oven Accessory: glass turntable + metal tray**

1. Mix the carrots, celery and oil together in dish. Cover and cook on **HIGH** power for 4-5 mins. or until softening.
2. Arrange the chops in a single layer on top of the vegetables, spread mustard over evenly.
3. Make the onion sauce by cooking the onion with half the butter on **HIGH** power for 3-4 mins. Add the flour and stir well. Gradually add the milk and cook on **HIGH** power for 1½ mins. Stir and cook for a further 1-2 mins. or until thick and cooked. Season to taste. Pour sauce over chops. Arrange potato slices on top, cover and cook on **HIGH** power for 5 mins.
4. Uncover, dot with remaining butter and cook on **Combination: Convection 170°C + LOW power** for 25-30 mins. or until potatoes are golden.

***Ingredients***
*700 g (1½ lb) boneless leg of pork, cubed*
*225 g (8 oz) onion, chopped*
*450 g (1 lb) parsnips, sliced*
*1 garlic clove, crushed*
*15 ml (1 tbsp) ground coriander*
*5 ml (1 tsp) cumin seeds or ground cumin*
*30 ml (2 tbsp) flour*
*300 ml (½ pt) beef stock*
*300 ml (½ pt) apple juice*
*salt and pepper*

## *Harvest Pork Casserole*

Serves 4-6

**Dish: large casserole and lid** **Oven Accessory: glass turntable + metal tray**

1. Place the cubed pork, chopped onion, sliced parsnips, crushed garlic, coriander and cumin in a large casserole dish.
2. Stir in the flour.
3. Gradually add the stock, apple juice and seasoning.
4. Cover and cook on Auto Programme Casserole or cover and cook on **HIGH** power for 15 mins. Stir then cover and cook on **Combination: Convection 160°C + WARM power** for 1¼ - 1½ hours or until the meat is tender.

***Ingredients***
*½ cauliflower, divided into florets*
*3 carrots, peeled and sliced*
*3 parsnips, peeled and sliced*
*450 g (1 lb) Cumberland sausage*
*15 ml (1 tbsp) sunflower oil*
*1 onion, chopped*
*30 ml (2 tbsp) mild curry paste*
*400 g (14 oz) tin of mixed spicy beans*

## *Cumberland Sausage Curry*

Serves 4

**Dish: large Pyrex® bowl** **Oven Accessory: glass turntable, metal tray + grill accessory + splash guard**

1. Prepare the vegetables.
2. Grill the sausages under preheated grill on **Grill 1** for 10 mins or until browned and cut into 5 cm (2") chunks.
3. Place the onion in a large Pyrex® bowl with the sunflower oil and cook covered on **HIGH** power for 3 mins. or until soft.
4. Stir in the curry paste, add the vegetables, sliced sausage and beans plus 150 ml (¼ pt) boiling water. Cook on **HIGH** power for 10 mins. then **LOW** power for 15-20 mins, or until the vegetables are soft and the curry is piping hot.

# Pasta, Rice and Beans

## *Cannelloni* — Serves 4

***Ingredients***
*8 quick cooking cannelloni tubes*
*600 ml (1 pt) pouring white sauce*
*(see page 86)*
*50 g (2 oz) cheese, grated*
***Filling:***
*100 g (4 oz) defrosted spinach*
*50 g (2 oz) cooked ham, chopped*
*30 ml (2 tbsp) Parmesan cheese*
*1 egg, beaten*
*175 g (6 oz) cooked chicken, finely diced*
*15 ml (1 tbsp) parsley, finely chopped*
*15 ml (1 tbsp) spring onions, finely chopped*
*60 ml (4 tbsp) Parmesan cheese*

**Dish: deep baking dish approx. 20 cm x 25 cm (8" x 10")**
**Oven Accessory: glass turntable + metal tray**

1. Prepare sauce. At the end of cooking, whisk in the grated cheese. Set aside.
2. Prepare filling by combining all filling ingredients. Fill cannelloni tubes from each end.
3. Pour half the sauce into the dish and then lay the cannelloni on top. Pour remaining sauce over and sprinkle with second measure of Parmesan cheese.
4. Cook on **Combination: Convection 190°C + SIMMER power** for 20-25 mins. or until the pasta is tender.

## *Tuna Pasta* — Serves 4

***Ingredients***
*225 g (8 oz) mixed dried pasta*
*i.e. tagliatelle, twists, shells*
*1 litre (1¾ pt) boiling water*
*15 ml (1 tbsp) oil*
*3 ml (½ tsp) salt*
*25 g (1 oz) butter*
*100 g (4 oz) mushrooms, peeled and sliced*
*198 g (7 oz) can tuna, drained*
***Sauce:***
*40 g (1½ oz) butter*
*40 g (1½ oz) flour*
*600 ml (1 pt) milk*
*30 ml (2 tbsp) Dry Vermouth (optional)*
*salt and pepper to taste*
*25 g (1 oz) cheese, grated*
*25 g (1 oz) breadcrumbs*

**Dish: 3 litre (6 pt) casserole dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Cook pasta in water with oil and salt covered on **HIGH** power for 10-12 mins. or until soft. Leave to stand for 2-3 mins. Drain.
2. Melt butter in small dish on **HIGH** power for approx. 45 secs. Add mushrooms and cover. Cook on **HIGH** power for 3-4 mins. or until soft.
3. To make sauce, melt butter on **HIGH** power for 30-40 secs. Stir in flour to make a roux. Gradually whisk in milk until well combined. Cook on **HIGH** power for 3-5 mins. or until smooth and glossy. Stir halfway through cooking. Add Vermouth and season.
4. Combine pasta, tuna and mushrooms in dish. Pour sauce over and stir to mix thoroughly. Sprinkle with cheese and breadcrumbs and cook on **Combination: FAST-BAKE 230°C + Grill 3 + LOW power** for 10-12 mins. or until golden brown.

## *Spinach & Ricotta Lasagne* — Serves 4-6

***Ingredients***
*2 onions, chopped*
*2 cloves garlic, crushed*
*30 ml (2 tbsp) oil*
*3 deseeded red peppers, chopped*
*397 g (14 oz) canned tomatoes*
*15 ml (1 tbsp) tomato puree*
*salt and pepper*
*450 g (1 lb) frozen spinach, defrosted and drained*
*450 g (1 lb) ricotta cheese*
*9 sheets lasagne, precooked*
*300 ml (½ pt) natural yoghurt*
*45 ml (3 tbsp) grated parmesan cheese*

**Dish: 2 ltr (4 pt) shallow dish** **Oven Accessory: glass turntable + metal tray**

1. Place one of the onions and a clove of garlic in a bowl with 1 tbsp oil and cook for 2-3 mins. on **HIGH** power or until soft.
2. Add the red peppers, tomatoes and tomato puree, season and cook on **HIGH** power for 5-6 mins. or until hot.
3. In another bowl, place the second onion and garlic clove with 1 tbsp oil. Cover and cook on high power for 2-3 mins. until soft. Add the defrosted, drained spinach and stir well. Cook on **HIGH** power for 2-3 mins. or until cooked. Drain.
4. In a 2 ltr (4 pt) shallow dish, place a layer of spinach. Top with ricotta cheese, then lasagne followed by the tomato sauce and a further layer of pasta. Spoon yoghurt onto the top and sprinkle with parmesan cheese.
5. Cook on **Combination: Convection 190°C + SIMMER power** for 30-40 mins. or until golden and piping hot.

## *Kedgeree*

Serves 4

***Ingredients***
*175 g (6 oz) easycook brown rice*
*450 ml (¾ pt) hot chicken stock*
*450 g (1 lb) smoked haddock*
*30 ml (2 tbsp) lemon juice*
*1 medium onion, chopped*
*15 ml (1 tbsp) oil*
*150 ml (¼ pt) soured cream*
*15 ml (1 tbsp) curry paste*
*100 g (4 oz) frozen peas*
*30 ml (2 tbsp) parsley, chopped*
*2 hardboiled eggs, chopped*

**Dish: large casserole** **Oven Accessory: glass turntable**

1. Place the rice and chicken stock in casserole, cover and cook on **HIGH** power for 15-17 mins. or until tender.
2. Place the fish in a shallow dish, sprinkle with lemon juice, cover and cook on **HIGH** power for 5-6 mins. or until cooked. Skin and flake.
3. Place onion and oil in a small dish, cover and cook on **HIGH** power for 3-4 mins. or until softened.
4. Combine the soured cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on **HIGH** power for 5 mins. or until piping hot.

## *Lentil Biryani*

Serves 4-6

***Ingredients***
*100 g (4 oz) green lentils*
*15 ml (1 tbsp) oil*
*1 large onion, sliced*
*5 ml (1 tsp) grated root ginger*
*1 garlic clove, crushed*
*3 ml (½ tsp) turmeric*
*5 ml (1 tsp) chilli powder*
*10 ml (2 tsp) curry powder*
*150 ml (¼ pt) natural yoghurt*
*100 g (4 oz) mushrooms, sliced*
*2 tomatoes, peeled and chopped*
*300 ml (½ pt) hot water*
*50 g (2 oz) cashew nuts*
*450 g (1 lb) cooked basmati rice*
***Garnish:***
*hard boiled egg slices and coriander leaves*

**Dish: large casserole** **Oven Accessory: glass turntable**

1. Soak the lentils in cold water for 1 hour then drain them.
2. Place the oil and onion in a large bowl. Cover and cook on **HIGH** power for 3 mins. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on **HIGH** power for 2 mins.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on **HIGH** power for 25-30 mins. or until the lentils are tender and the liquid has evaporated.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on **HIGH** power if necessary. Garnish and serve.

## *Wild Mushroom and Basil Risotto*

Serves 4

***Ingredients***
*40 g (1½ oz) dried Cep mushrooms*
*50 g (2 oz) butter*
*1 clove garlic, finely chopped*
*1 small onion, finely chopped*
*freshly ground black pepper*
*250 g (9 oz) Arborio rice*
*300 ml (½ pt) hot vegetable stock*
*12 basil leaves, torn*

**Dish: 3 litre (6 pt) casserole dish** **Oven Accessory: glass turntable**

1. Soak mushrooms in 300 ml (½ pt) warm water.
2. Place the butter, garlic and onion in a large bowl, cover with cling film and cook on **HIGH** power for 3 mins, or until softened. Season with freshly ground black pepper.
3. Stir the rice into the butter mixture and add the hot stock and soaking liquid from the mushrooms. Cover and cook for a further 5 mins on **HIGH** power.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 5 mins. on **HIGH** power.
5. Stir and add the basil. Continue to cook for the final 5 mins. on **HIGH** power. Leave to stand for approx. 10 mins and then stir with a fork.

***Ingredients***
*1 large aubergine, cubed*
*salt*
*350 g (12 oz) tagliatelle, fresh*
*1 onion*
*1 clove garlic, crushed*
*15 ml (1 tbsp) olive oil*
*397 g (14 oz) tin of chopped tomatoes*
*5 ml (1 tsp) basil*
*15 ml (1 tbsp) tomato puree*
*15 g (½ oz) butter*
*salt and pepper*
*8-10 black olives, stoned*
*100 g (4 oz) mozzarella, diced*
*30 ml (2 tbsp) parmesan cheese, grated*

## *Tagliatelle Toscana*

Serves 4

**Dish: deep casserole dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Sprinkle the aubergine with salt and leave for 20 mins, then rinse and dry.
2. Cook the pasta in 600 ml (1 pt) boiling water, covered, on **HIGH** power for 4 mins. or until tender. Drain.
3. Place onion, garlic and oil in a bowl, cover and cook on **HIGH** power for 2 mins. or until soft. Add the remaining ingredients except the mozzarella, tagliatelle and parmesan cheese, cover and cook on **HIGH** power for 6-8 mins.
4. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on **Combination: FAST-BAKE 230˚C + Grill 1 + WARM power** for 6-8 mins. or until golden brown and piping hot.

***Ingredients***
*1 aubergine*
*2 leeks*
*1 red, 1 green pepper*
*1 onion*
*1 clove of garlic*
*45 ml (3 tbsp) olive oil*
*225 g (8 oz) pasta shapes*
*225 g (8 oz) fresh spinach*
***White Sauce***
*40 g (1½ oz) butter*
*40 g (1½ oz) flour*
*1 pt (600 ml) milk*
*15 ml (1 tbsp) mustard*
*50 g (2 oz) Cheddar cheese*
*150 g (5 oz) Boursin cheese*
*50 g (2 oz) Cheddar cheese for topping*

## *Roast Vegetable and Pasta Gratin*

Serves 4

**Dish: 25 cm (10") round shallow Pyrex® dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Chop all the vegetables into bite sized pieces and put in a roasting dish with the oil. Cook on **FAST-BAKE 230°C + Grill 2** for 25-30 mins or on the Roast Vegetable programme.
2. Cook the pasta shapes in 450 ml (¾ pt) boiling water on **HIGH** power for 5-6 mins or until soft. Drain. Wash the spinach and tear into small pieces and grate the cheese.
3. Make the white sauce as per instructions on page 86, add the mustard, cheese and Boursin cheese and stir thoroughly until smooth. Season well.
4. Mix the pasta, spinach and roast vegetables with the sauce and place in a large shallow dish. Sprinkle the top with cheese.
5. Cook on **Combination: FAST-BAKE 230°C + Grill 3 + LOW power** for 10-15 mins or until golden brown.

***Ingredients***
*1 medium onion, chopped*
*10 ml (2 tsp) vegetable oil*
*2 medium courgettes, sliced thickly*
*1 red pepper, seeded & chopped*
*2 medium carrots, peeled & thinly sliced*
*1 small cauliflower, cut into florets*
*100 g (4 oz) dried apricots, halved*
*2 cloves garlic, crushed*
*425 g (15 oz) can chick peas, drained*
*3 ml (½ tsp) each: ground turmeric, ground coriander, ground cumin*
*5 ml (1 tsp) paprika*
*2.5 cm (1") fresh root ginger, peeled and finely chopped*
*salt and pepper*
*450 ml (¾ pt) hot vegetable stock*
*chopped parsley to garnish*

## *Vegetable and Chick Pea Casserole*

Serves 4

**Dish: large casserole dish** **Oven Accessory: glass turntable**

1. Place the onion and oil in a large casserole dish. Cover and cook on **HIGH** power for 3 mins. or until starting to soften.
2. Add the prepared vegetables, apricots, garlic, chick peas and stir in the spices, salt, pepper and stock.
3. Cover and cook on **HIGH** power for 15-20 mins, or until vegetables are soft. Stir two or three times during cooking. Serve with couscous or rice and garnish with parsley.

**TIP**
To prepare couscous: Place 300 ml (½ pt) vegetable stock in a bowl and 1.2 ml (¼ tsp) turmeric. Cook on **HIGH** power for 4 mins. or until boiling. Add 175 g (6 oz) couscous and allow to stand for 5 mins. Fluff up with a fork before serving.

# Cheese and Egg Dishes

## *Ham and Cheese Croissants*

Serves 6

***Ingredients***
*1 can ready to bake croissants*
*6 cheese slices*
*6 wafer thin slices of ham*
*egg for glazing*

**Oven Accessory: glass turntable + metal tray + low rack**

1. Preheat the oven on **CONVECTION 180°C**.
2. Prepare croissants by placing a slice of cheese and ham on each piece of dough before rolling.
3. Place on a round baking tray, brush with egg and cook for 25-30 mins. or until golden and cooked through.

## *Potato Based Pizza*

Serves 4

***Ingredients***
***Base:***
*100 g (4 oz) self raising flour*
*50 g (2 oz) butter*
*100 g (4 oz) potato, cooked and sieved*
***Topping:***
*45 ml (3 tbsp) tomato puree*
*100 g (4 oz) Mozzarella cheese*
*1 onion, sliced*
*2 large mushrooms, sliced*
*½ green pepper, sliced*
*mixed herbs*
*seasoning*

**Dish: 24 cm (9½") Pyrex® pizza dish or plate** **Oven Accessory: glass turntable + metal tray**

1. Rub butter into flour until it resembles fine breadcrumbs, add the cooked potato and work into a dough.
2. Line pizza dish with dough, spread with tomato puree, then layer remaining ingredients, finishing with the cheese. Cook on **Combination: Convection 230°C + WARM power** for 15-20 mins. or until browned.

## *Muffin Pizzas*

Serves 4

***Ingredients***
*4 large muffins, halved*
*150 ml (¼ pt) Dolmio® sauce or Passata*
*100 g (4 oz) garlic sausage, cubed*
*1 clove garlic, crushed*
*1 small onion, diced*
*100 g (4 oz) cheese, grated*
*56 g can anchovy fillets*
*black olives to garnish*

**Oven Accessory: glass turntable + grill accessory + metal tray + splash guard**

1. Preheat Grill.
2. Place Dolmio® sauce, sausage, garlic and onion in a bowl and mix well.
3. Arrange muffin halves on grill accessory and toast on **Grill 1** for 3-4 mins. until browned. 4 halves at a time.
4. Spread muffins with the mixture. Top with cheese, anchovies and olives.
5. Cook on **Combination: Grill 1 + WARM power** for 5-7 mins. or until cheese has melted and is beginning to brown.

## Baked Soufflé

Serves 4

***Ingredients***
*25 g (1 oz) butter*
*25 ml (1½ tbsp) flour*
*150 ml (¼ pt) milk*
*3 eggs, separated*
*salt and pepper*
*75 g (3 oz) cheese, grated*

**Dish: 15 cm (6") souffle dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Melt butter on **HIGH** power for 30 secs. Stir in flour. Cook on **HIGH** power for 30 secs.–1 min. Stir in milk gradually, whisk until smooth. Cook on **HIGH** power for 2 mins. or until thickened. Beat well. Cool.
2. Add egg yolks one at a time. Season and mix in cheese.
3. Whisk the egg whites until stiff and fold into cheese mixture.
4. Cook in preheated oven on **CONVECTION 180°C** for 20-30 mins. until risen and brown.

**Variations:** Add to egg mixture before folding in egg whites:
1. 75 g (3 oz) cooked ham
2. 50 g (2 oz) mushrooms
3. 75 g (3 oz) smoked salmon, finely sliced.

## Quiche Lorraine

Serves 4

***Ingredients***
*225 g (8 oz) shortcrust pastry*
*1 medium onion, chopped*
*15 ml (1 tbsp) oil*
*6 streaky bacon rashers, or*
*100 g (4 oz) ham cut into strips*
*2 eggs*
*150 ml (¼ pt) single cream*
*salt and pepper to taste*
*50 g (2 oz) cheddar cheese, grated*

**Dish: 23 cm (9") metal tin** **Oven Accessory: glass turntable + metal tray**

1. Roll out the pastry and use to line the flan dish. Prick base of pastry with a fork, chill for 15 mins. Pre-heat oven to **CONVECTION 210°C** and bake the case blind for 20 mins. or until cooked.
2. Place the onion and bacon in a small dish. Cover and cook on **HIGH** power for 4 mins. or until onion is soft. Drain and place in bottom of flan case.
3. Beat the eggs, cream, salt and pepper and pour over the bacon. Sprinkle with cheese. Cook on **Combination: Convection 190°C + WARM power** for 20-25 mins. or until just set and browned.

## Croque Monsieur

Serves 2

***Ingredients***
*4 slices bread, buttered*
*5 ml (1 tsp) Dijon mustard*
*2 slices smoked ham*
*100 g (4 oz) sliced cheese*

**Oven Accessory: glass turntable + grill accessory + metal tray + splash guard**

1. Place the bread, buttered side up on grill accessory and cook on preheated **Grill 1** for approximately 3-4 mins. or until browning.
2. On 2 slices of the bread, spread the untoasted sides with mustard and top with ham and cheese. Cover with the other slices, browned side uppermost.
3. Place back on the grill accessory and cook on **Combination: GRILL 2 + SIMMER power** for 1-2 mins. or until the cheese has melted.

## *Macaroni Cheese*

Serves 4

***Ingredients***
*175 g (6 oz) quick cooking macaroni*
*40 g (1½ oz) butter*
*1 small onion, finely chopped*
*100 g (4 oz) bacon, chopped*
*40 g (1½ oz) flour*
*600 ml (1 pt) milk*
*5 ml (1 tsp) french mustard*
*150 g (5 oz) red cheese, grated*
*salt and pepper*
*30 ml (2 tbsp) fresh brown breadcrumbs*

**Dish: large dish and jug** **Oven Accessory: glass turntable + metal tray + low rack**

1. Cook macaroni in 450 ml (¾ pt) boiling water. Cover and cook on **HIGH** power for 5-6 mins. or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cover. Cook on **HIGH** power for 5 mins. or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 secs. on **HIGH** power.
4. Gradually add milk, stir well and season. Cook on **HIGH** power for 5-6 mins. or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100 g (4 oz) grated cheese. Add macaroni. Place the macaroni mixture in a large dish. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on **Combination: FAST-BAKE 230°C + Grill 3 + LOW power** for 10-12 mins. or until cheese starts to melt.

## *Cheese, Onion & Olive Scones*

***Ingredients***
*1 medium onion, finely diced*
*15 ml (1 tbsp) olive oil*
*175 g (6 oz) self-raising flour*
*3 ml (½ tsp) salt*
*3 ml (½ tsp) mustard powder*
*3 ml (½ tsp) cayenne pepper*
*seasoning*
*25 g (1 oz) butter*
*40 g (1½ oz) strong cheddar cheese, grated*
*40 g (1½ oz) Parmesan cheese*
*25 g (1 oz) black olives, stoned and chopped*
*1 egg, beaten*
*45 ml (3 tbsp) milk*
*1 beaten egg for glazing*

**Dish: round baking sheet** **Oven Accessory: glass turntable + metal tray + low rack**

1. Place onion and oil in a bowl. Cover and cook on **HIGH** power for 2 mins. or until softened. Drain.
2. Sift together the flour, salt, mustard and cayenne with seasoning. Rub in the butter.
3. Mix in onion, cheeses and olives. Beat egg and milk together. Pour into flour mixture and bring to a soft dough.
4. On a floured surface roll out dough to approx. 2 cm thick. Cut out rounds using a 5 cm pastry cutter and brush with beaten egg.
5. Place half the dough rounds on a lightly greased baking sheet. Place on the low rack and cook in a pre-heated oven on **CONVECTION 200°C** for 15-20 mins. or until cooked and golden brown. Then repeat with the remaining scones.

## *Cheese and Salami Pie*

Serves 4

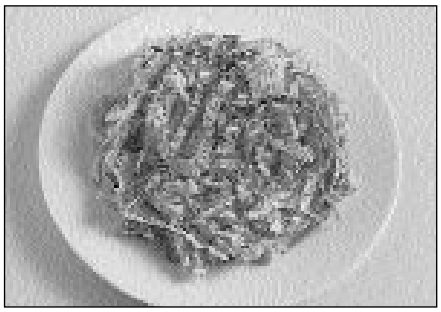
***Ingredients***
*900 g (2 lb) potatoes thinly sliced*
*25 g (1 oz) butter*
*pinch grated nutmeg*
*salt and pepper*
*200 g (7 oz) Mozzarella cheese, thinly sliced*
*225 g (8 oz) peppered salami, thinly sliced*
*50 g (2 oz) fresh breadcrumbs*
*50 g (2 oz) Parmesan cheese, grated*

**Dish: 25 cm (10") round heatproof dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Arrange ⅓ potatoes on base of dish. Dot with ½ the butter and sprinkle with nutmeg and salt and pepper.
2. Arrange ½ the Mozzarella and salami on top, cover with ½ the remaining potato, dot with remaining butter and season.
3. Top with remaining salami and Mozzarella and finish with potato slices. Cover and cook on **HIGH** power for 20 mins. or until potatoes are tender.
4. Uncover and sprinkle with the breadcrumbs mixed with the Parmesan. Place on low rack and cook in a preheated oven on **FAST-BAKE 230°C + Grill 1** for 5-8 mins. or until starting to brown and crisp.

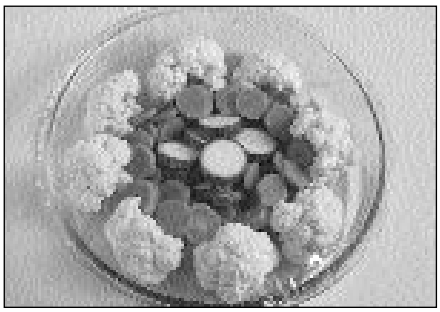
# Vegetables and Vegetarian

- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.

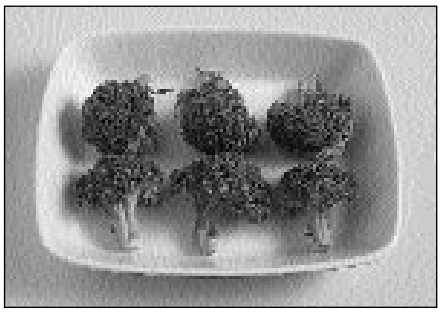


- Cabbage should be shredded and cooked by power and time.
- Fresh vegetables require 90 ml (6 tbsp) of water. For each extra 450 g (1 lb) add an extra 90 ml (6 tbsp) of water and stir halfway.

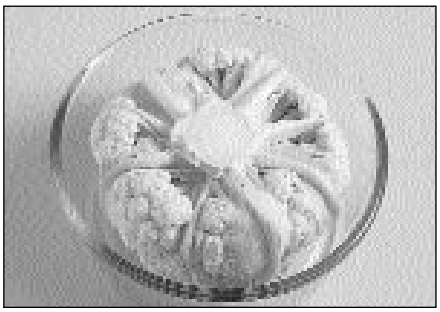
- If cooking potatoes with other vegetables, only cook with other ROOT vegetables.
- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.



- Always cook vegetables in a dish that is a suitable size. Use flat dishes not basins. Always cover with microwave cling film or a lid.



- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish, as these require less cooking.



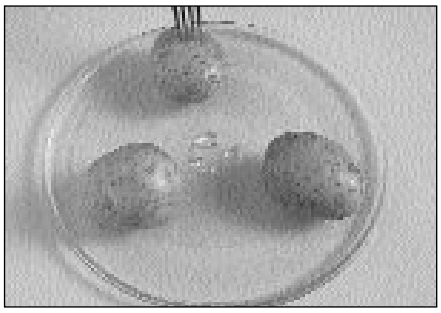
- Whole cauliflower should be cooked upside down on MEDIUM power for 10 mins. approx. with 90 ml (6 tbsp) water.

## Jacket Potatoes

Varieties of potatoes vary in their suitability for cooking by microwave. We recommend Maris Piper for consistently good results. The cooking times given may need adjustment for other varieties. The ideal size of potato to be cooked by microwave is 175 g - 250 g (6-9 oz).

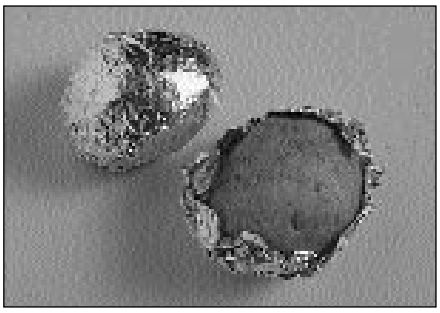
**Before Cooking**

Wash potatoes and prick skins several times. Spread around edge of turntable.



**After Cooking**

Remove from oven and wrap in aluminium foil to retain the heat. Leave to stand for 5 mins.



## *Potato & Rosemary Cake*

Serves 4

***Ingredients***
*30 ml (2 tbsp) olive oil*
*450 g (1 lb) onions, skinned and sliced*
*900 g (2 lb) new potatoes, thinly sliced*
*2 garlic cloves, skinned and crushed*
*30 ml (2 tbsp) chopped fresh rosemary*
*salt and pepper*
*300 ml (10 fl.oz) single cream*

**Dish: 25 cm (10") flan dish** **Oven Accessory: glass turntable + metal tray**

1. Place the oil and onions in a large bowl. Cover and cook on **HIGH** power for 3 mins. Add the potatoes and garlic, cover and cook on **HIGH** power for 5 mins or until softened.
2. Layer the potatoes, onions, rosemary and seasoning in the flan dish. Pour over the cream and lightly press down the potatoes.
3. Cook on **Combination: Convection 220˚C + LOW power** for 30-35 mins. or until golden brown.

## *Vegetable Lasagne*

Serves 4-6

***Ingredients***
*1 large onion, chopped*
*25 g (1 oz) butter*
*1 clove of garlic, crushed*
*225 g (8 oz) each of diced carrots, diced leeks, diced courgettes*
*1 green pepper, chopped*
*150 ml (¼ pt) hot vegetable stock*
*salt and pepper to taste*
*300 ml (½ pt) prepared tomato sauce*
*175 g (6 oz) pre-cooked lasagne*
*225 g (8 oz) Mozzarella cheese*

**Dish: large deep rectangular dish** **Oven Accessory: glass turntable + metal tray**

1. Place onion and butter in a casserole dish, cover and cook on **HIGH** power for 3 mins. Add vegetables and stock, re-cover and cook on **HIGH** power for 8-10 mins. or until vegetables are soft. Season to taste.
2. Cover base of dish with a thin layer of tomato sauce, then a layer of lasagne on top followed by a layer of vegetable mixture. Thinly slice 175 g (6 oz) of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer.
3. Grate remaining cheese and arrange over top in 3 diagonal bands. Cook on **Combination: Convection 190°C + SIMMER power** for 30-35 mins. or until the pasta is cooked.

## *Leek & Potato Gratin*

Serves 4

***Ingredients***
*450 g (1 lb) leeks, sliced thinly*
*450 g (1 lb) potatoes, sliced thinly*
*150 g (5 oz) blue cheese*
*225 g (8 oz) Greek yoghurt*
*75 ml (5 tbsp) double cream*
*50 g (2 oz) brown breadcrumbs*
*salt and pepper*

**Dish: 25 cm (10") flan dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Place the vegetables in a large bowl. Add 90 ml (6 tbsp) of water, cover and cook on **HIGH** power for 10-12 mins. or until the vegetables are softened.
2. Crumble or finely chop the cheese into a bowl and gradually blend in the yoghurt and the double cream.
3. Drain the vegetables and arrange in a flan dish. Season and pour over the blue cheese cream mixture.
4. Sprinkle with breadcrumbs, cook on **Combination: FAST-BAKE 230˚C + Grill 3 + LOW power** for 10 mins. or until golden brown.

## Roast Vegetable Parcels

Serves 4

***Ingredients***
*450 g (1 lb) mixed vegetables eg. sweet potato, red pepper, leeks, aubergine, courgettes, onion*
*1 clove garlic, crushed*
*30 ml (2 tbsp) olive oil*
*200 g (7 oz) can chopped tomatoes*
*10 ml (2 tsp) tomato puree*
*50 g (2 oz) gruyère cheese, grated*
*100 g (4 oz) Boursin® cheese*
*15 ml (1 tbsp) single cream*
*25 g (1 oz) pinenuts*
*225 g (8 oz) ready made puff pastry*
*1 egg to glaze*

**Dish: round baking sheet** **Oven Accessory: glass turntable + metal tray + low rack**

1. Chop vegetables into 2.5 cm (1") chunks
2. Add garlic and oil, mix thoroughly with mixed vegetables. Place onto metal tray.
3. Cook on **Combination: FAST-BAKE 220°C + Grill 2** for 25-30 mins until vegetables are browned and al dente.
4. Place the chopped tomatoes and puree in a heatproof bowl uncovered and cook on **HIGH** power for 5 mins then **MEDIUM** power for 10 mins or until mixture is reduced in volume and thickened.
5. Mix the tomato sauce with the cooked vegetables and pinenuts.
6. Mix together the gruyère cheese, Boursin® and single cream.
7. Roll out pastry until it measures approx 16" square. Divide into 4 equal squares.
8. Place ¼ of the vegetable mixture in the centre of the square and top with ¼ of the cheese mixture.
9. Bring the corners of the pastry to the centre, pressing the edges together. Seal with water. Glaze with beaten egg.
10. Cook in a preheated oven on **Convection 220°C** for 25-30 mins or until golden and cooked through.

## Roast Potatoes

Serves 4

***Ingredients***
*450 g (1 lb) potatoes*
*25 g (1 oz) butter*
*30 ml (2 tbsp) oil*

**Oven Accessory: glass turntable + metal tray**

1. Peel and cut potatoes into quarters. Par boil and drain (see page 53).
2. Place potatoes, oil and butter on metal tray. Cook on **Combination: FAST-BAKE 250°C + GRILL 1 + WARM power** for 25 mins. turning and basting potatoes during cooking, or until crisp and brown.

## Veggie Burgers

Serves 4

***Ingredients***
*100 g (4 oz) button mushrooms*
*100 g (4 oz) onion, chopped*
*175 g (6 oz) fresh wholemeal breadcrumbs*
*100 g (4 oz) ground cashew nuts*
*1 egg*
*3 ml (½ tsp) celery and garlic salt*

**Oven Accessory: glass turntable + metal tray + grill accessory + splash guard**

1. Place the mushrooms, onion, seasoning and all but a handful of breadcrumbs in a food processor. Whisk together and tip into a bowl, add the nuts and egg and blend with a fork.
2. Divide into four. Roll into balls and dip in the remaining breadcrumbs. Make into burger shapes. Preheat the grill and cook on **Combination: Grill 1 + WARM power** for 15 mins. or until browned. Turn half way.

## *Summer Vegetable Flan*

Serves 6

***Ingredients***
*1 quantity shortcrust pastry (page 88)*
*175 g (6 oz) courgettes*
*1 garlic clove, crushed*
*175 g (6 oz) broccoli*
*50 g (2 oz) peas*
*175 g (6 oz) asparagus*
*100 g (4 oz) tomatoes*
*100 g (4 oz) full fat soft cheese*
*150 ml (¼ pt) single cream*
*2 eggs + 1 egg yolk*
*40 g (1½ oz) mature cheddar*

**Dish: 23 cm (9") flan dish** **Oven Accessory: glass turntable + metal tray**

1. Preheat oven on **Convection 210°C**. Line the flan dish with the pastry and bake blind for 10 mins with baking beans. Remove baking beans and lining and bake for a further 10 mins until golden.
2. Thinly slice the courgettes, prepare the broccoli and peas place in a bowl with 90 ml (6 tbsp) of water and soften on **HIGH** power for 4-5 mins. Drain. Place in the pastry case with the asparagus and quartered tomatoes.
3. Beat the soft cheese with the cream and eggs, pour over the vegetables and sprinkle with cheese. Cook on **Combination: Convection 180°C + WARM power** for 35-40 mins or until just set.

## *Gratin Dauphinois*

Serves 4-6

***Ingredients***
*1 clove of garlic, halved*
*675 g (1½ lb) potatoes, sliced very thinly*
*salt and pepper*
*pinch nutmeg*
*150 ml (¼ pt) double cream*
*25 g (1 oz) butter*

**Dish: 20 cm (8") shallow dish** **Oven Accessory: glass turntable + metal tray**

1. Rub halves of garlic around inside of dish and discard.
2. Layer the potato slices in the dish, seasoning with salt and pepper and nutmeg between each layer.
3. Pour the cream evenly over the top of the potatoes and dot with butter. Cook on **Combination: Convection 190°C + SIMMER power** for 30-35 mins. or until potatoes are cooked.

## *Roasted Vegetable Moussaka*

Serves 4-6

***Ingredients***
*1 red onion, cut into strips*
*2 red peppers, deseeded and cubed*
*1 aubergine, cubed*
*2 courgettes, cubed*
*350 g (12 oz) sweet potato, peeled and cubed*
*4 garlic cloves, whole*
*45 ml (3 tbsp) olive oil*
*salt and pepper*
*400 g (14 oz) canned, chopped tomatoes*
*25 g (1 oz) sun-dried tomatoes, chopped*
*225 g (8 oz) cottage cheese*
*3 large eggs*
*175 g (6 oz) cheddar cheese, grated*
*45 ml (3 tbsp) natural yoghurt*

**Dish: 2 litre (4 pt) ovenproof dish** **Oven Accessory: glass turntable, metal tray + low rack**

1. Place the prepared vegetables and garlic into an ovenproof dish. Sprinkle with oil and cook on **Combination: FAST-BAKE 230°C + Grill 1 + SIMMER power** for 25 - 30 minutes, or on the Roast Vegetable programme.
2. Stir in the tomatoes and sun-dried tomatoes. Season to taste.
3. Beat together the cottage cheese, eggs, cheddar cheese and yoghurt, then season.
4. Pour over the vegetables and cook on **Combination: FAST-BAKE 250°C + Grill 1 + WARM power** for 15 minutes, or until golden brown.

## Spicy Potatoes

Serves 4

***Ingredients***
*350 g (12 oz) potatoes*
*45 ml (3 tbsp) natural yoghurt*
*10 ml (2 tsp) mango chutney*
*3 ml (½ tsp) cumin, coriander and garam masala*
*3 ml (½ tsp) turmeric*
*10 ml (2 tsp) fresh coriander*
*pinch chilli powder*
*15 g (½ oz) sultanas*
*salt and pepper*

**Dish: 1 litre (2 pt) dish** **Oven Accessory: glass turntable**

1. Cut the potatoes into large cubes and place in a large bowl with 6 tbsp water. Cover and cook on **HIGH** power for 6-8 mins. or until soft. Drain and set aside.
2. Mix the remaining ingredients together. Add the potatoes and mix well. Serve either hot or cold.

## Mushroom Stroganoff

Serves 4

***Ingredients***
*1 large onion*
*4 sticks of celery*
*15 ml (1tbsp) olive oil*
*350 g (12 oz) sliced mushrooms*
*300 ml (½ pt) water*
*5 ml (1 tsp) Marmite®*
*3 ml (½ tsp) thyme*
*Pinch ground bay leaf*
*150 ml (¼ pt) sour cream*
*Seasoning*

**Dish: 3 litre (6 pt) dish** **Oven Accessory: glass turntable**

1. Finely chop the onion + celery and place in a bowl with the oil and soften on **HIGH** power for 3-4 mins.
2. Add all other ingredients, except the cream, mix well. Cover and cook on **HIGH** power for 10 mins stirring well. When cooked stir in the sour cream and serve.

## Goat's Cheese Tart with Roasted Vegetables

Serves 4

***Ingredients***
*100 g (4 oz) butter*
*225 g (8 oz) plain flour*
*50 g (2 oz) finely grated Parmesan*
*1 red and 1 yellow pepper, diced into 4 cm pieces*
*2 medium courgettes, sliced*
*100 g (4 oz) aubergine, diced into 4 cm pieces*
*15 ml (1 tbsp) olive oil*
*100 g (4 oz) soft goat's cheese*
*3 eggs, beaten*
*75 ml (5 tbsp) creme fraiche or double cream*
*15 ml (1 tbsp) chopped fresh parsley*
*salt and pepper*

**Dish: 23 cm (9") flan tin** **Oven Accessory: glass turntable, metal tray**

1. Rub the butter into the flour until the mixture resembles fine breadcrumbs. Stir in the parmesan, add 2-3 tbsps cold water and mix to a firm dough.
2. Roll out and line the flan ring. Prick the base with a fork and allow to rest for 15 mins.
3. Cover the pastry with greaseproof, add baking beans and cook in a preheated oven on **Convection 200°C** for 10 mins. Remove the paper and beans and cook for a further 5 minutes or until cooked. Allow to cool.
4. Place the prepared vegetables on the Grill Accessory and drizzle with olive oil. Cook on **Combination: Grill 1 + SIMMER power** for 10-12 mins or until lightly browned. Turn halfway during cooking.
5. Place the vegetables in the flan case and dot teaspoons of the goat's cheese around the vegetables.
6. Beat together the eggs and creme fraiche until smooth, add the parsley and seasoning. Pour carefully over the filling.
7. Cook on **Combination: Convection 190°C + WARM power** for 20-25 mins. or until set and lightly browned.

## *Vegetarian Chilli*

Serves 4

***Ingredients***
*15 ml (1 tbsp) oil*
*1 onion, finely chopped*
*1 green pepper, chopped*
*1 chilli, chopped*
*2 carrots, diced*
*5 ml (1 tsp) chilli powder*
*3 ml (½ tsp) cumin*
*175 g (6 oz) bulgar wheat*
*396 g (14 oz) can chopped tomatoes*
*30 ml (2 tbsp) tomato puree*
*450 ml (¾ pt) water*
*396 g (14 oz) can red kidney beans, drained*

**Dish: large casserole + lid** **Oven Accessory: glass turntable**

1. Place oil, onion, pepper, chilli and carrots in a large casserole, cover and cook on **HIGH** power for 4-5 mins. or until softened.
2. Add chilli and cumin. Stir in bulgar wheat, chopped tomatoes, tomato puree and water. Cover and cook on **HIGH** power for 10 mins. Stir in red kidney beans, cover and cook on **HIGH** power for 2-3 mins.

## *Nutty Potato Crumble*

Serves 6

***Ingredients***
*2 eggs*
*450 g (1 lb) potatoes*
*100 g (4 oz) green cabbage*
*1 onion*
*75 g (3 oz) butter*
*salt and black pepper*
*300 ml (½ pt) cheese sauce*
*75 g (3 oz) hazelnuts, chopped*
*100 g (4 oz) granary breadcrumbs*
*50 g (2 oz) cheddar cheese, grated*

**Dish: large 25 cm (10") ovenproof dish** **Oven Accessory: glass turntable + metal tray**

1. Hard boil the eggs (see page 48 for instructions for poached eggs). Thickly slice the potatoes, place in a casserole dish with 90 ml (6 tbsp) water and cook, covered on **HIGH** power for 10-12 mins. or until soft. Drain and set aside.
2. Shred the cabbage, thinly slice the onion and with 25 g (1 oz) of the butter put into a glass bowl. Cover and cook on **HIGH** power for 5-6 mins. or until softened.
3. Arrange potatoes, cabbage, onion and chopped eggs in an ovenproof dish. Season well. Pour over cheese sauce (see page 86). Mix together the nuts and breadcrumbs and crumble over the vegetables. Dot with remaining butter and sprinkle over the grated cheese.
4. Bake on **Combination: Convection 160°C + LOW power** for 20-25 mins. or until golden and piping hot.

## *Ratatouille*

Serves 4

***Ingredients***
*1 aubergine, sliced*
*5 ml (1 tsp) salt*
*1 courgette, sliced*
*1 onion, sliced*
*1 green pepper, trimmed and sliced*
*1 clove of garlic, peeled and crushed*
*396 g (14 oz) can of tomatoes*
*30 ml (2 tbsp) olive oil*
*salt and pepper to taste*

**Dish: 20 cm (8") casserole** **Oven Accessory: glass turntable**

1. In a colander sprinkle aubergine slices with salt and leave for 30 mins. to remove bitter juices. Rinse with cold water.
2. Combine all ingredients in a casserole. Cover and cook on **HIGH** power for 15 mins. or until vegetables are soft. Stir halfway through cooking time.

## *Red Peppers Stuffed with Bacon and Goat's Cheese*

Serves 4

***Ingredients***
*4 red peppers, large*
*100 g (4 oz) unsmoked streaky bacon, diced*
*100 g (4 oz) wholemeal bread, crusts removed and cut into small cubes*
*50 ml (2 tbsp) fresh basil, finely shredded*
*50 g (2 oz) Parmesan, grated*
*150 g (5 oz) goat's cheese, diced*
*100 g (4 oz) cherry tomatoes, halved*
*50 ml (2 tbsp) olive oil*

**Dish: 20 cm (8") Pyrex® shallow dish** **Oven Accessory: glass turntable + metal tray**

1. Cut a thin slice off the top of each pepper to remove the stalk and the seeds.
2. Place the bacon and bread in a bowl and cook uncovered on **HIGH** power for 4-5 mins., or until crisp.
3. Add the basil, Parmesan, goat's cheese and tomatoes. Stir well.
4. Spoon the stuffing into the peppers and arrange them closely together in the baking dish.
5. Spoon over the olive oil and cook on **Combination: FAST-BAKE 250°C + Grill 3 + SIMMER power** for 15 minutes, or until the peppers are tender.

## *Cauliflower Cheese*

Serves 4

***Ingredients***
*1 cauliflower, trimmed*
*90 ml (6 tbsp) water*
*25 g (1 oz) butter*
*25 g (1 oz) flour*
*3 ml (½ tsp) French mustard*
*300 ml (½ pt) milk*
*seasoning to taste*
***Topping:***
*75 g (3 oz) grated red cheese*
*15 ml (1 tbsp) brown breadcrumbs*

**Dish: shallow casserole** **Oven Accessory: glass turntable + metal tray**

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on **MEDIUM** power for 10 mins. or until tender. Drain.
2. Melt butter on **HIGH** power for 15-30 secs. Stir in flour and mustard. Cook for a further 15 secs. Add milk gradually. Stir well and season. Cook on **HIGH** power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 60 g (4 tbsp) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on **Combination: Convection 220°C + WARM power** for 10-15 mins. or until golden brown.

## *Vegetable Curry*

Serves 4

***Ingredients***
*2 medium aubergines, diced*
*salt*
*2 cloves of garlic, chopped*
*pinch cayenne pepper*
*10 ml (2 tsp) ground coriander*
*5 ml (1 tsp) ground cumin*
*5 ml (1 tsp) turmeric*
*15 ml (1 tbsp) oil*
*2.5 cm (1") root ginger, peeled and sliced*
*1 small cauliflower, divided into florets*
*2 medium potatoes, diced*
*100 g (4 oz) green beans, sliced*
*1 fresh chilli, deseeded and sliced*
*150 ml (¼ pt) vegetable stock*
*397 g (14 oz) can chopped tomatoes*
*100 g (4 oz) cashew nuts*

**Dish: 3 litre (6 pt) casserole** **Oven Accessory: glass turntable**

1. Sprinkle the aubergine liberally with salt in a colander. Stand for 30 mins. to remove bitter juices. Rinse well under cold water and drain.
2. Combine garlic, spices and oil in casserole, cover and cook on **HIGH** power for 2 mins.
3. Add all other ingredients to casserole, except cashews. Cover and cook on **HIGH** power for 10 mins. then **SIMMER** power for 30-40 mins. or until vegetables are soft. Stir occasionally.
4. Sprinkle with cashews and serve with boiled rice.

**N.B**. This recipe is best cooked in advance, chilled and then reheated to allow the flavours to develop.

# Sauces

**CONTAINER SIZE**
Always use a container or jug at least twice the capacity of the sauce, to avoid boiling over.

**COVERING**
DO NOT cover sauces when cooking.

**STIRRING – IMPORTANT**
Sauces/gravy should be thoroughly stirred before, during and after cooking, to avoid any eruptions and to result in a smooth sauce.

**REHEATING**
Sauces can be made in advance and reheated by microwave. Reheat on HIGH power and stir halfway.

**POWER LEVEL**
Most sauces require HIGH Power for cooking. Sauces containing eggs should be cooked on SIMMER power.

**WOODEN SPOONS**
Do not leave wooden spoons in the sauce when cooking. The wood may dry out and burn. NEVER LEAVE metal spoons in the sauce.

## *White Pouring Sauce*

***Ingredients***
*30 g (1 oz) butter*
*30 g (1 oz) flour*
*600 ml (1 pt) milk*

**Dish: 1 litre (2 pt) jug** **Oven Accessory: glass turntable**

1. Melt butter in jug on **HIGH** power for 20-40 secs.
2. Stir in the flour to make a roux.
3. Add the milk gradually stirring continuously until well combined.
4. Cook for 2 mins. on **HIGH** power. Stir and cook for a further 3 mins. Sauce should be smooth and glossy and coat the back of a spoon.

**Variations of White Sauce**

**Parsley** Stir 60 ml (4 tbsp) chopped parsley and 15 ml (1 tbsp) lemon juice into sauce halfway through cooking time.

**Onion** Cook 1 small onion in the butter for 30 secs. on **HIGH** power before adding the flour and milk.

**Cheese** Stir in 75 g (3 oz) grated cheese at the end of cooking time.

## *Custard*

***Ingredients***
*30 ml (2 tbsp) custard powder*
*15 ml (1 tbsp) sugar*
*600 ml (1 pt) cold milk*

**Dish: 1 litre (2 pt) jug** **Oven Accessory: glass turntable**

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on **HIGH** power for 4-6 mins. Whisk well halfway through cooking time and again at the end.

## *Hollandaise Sauce*

***Ingredients***
*3 egg yolks*
*30 ml (2 tbsp) white wine vinegar*
*100 g (4 oz) chilled, unsalted butter, cut into cubes*
*pepper*

**Dish: 1 litre (2 pt) jug** **Oven Accessory: glass turntable**

1. Place egg yolks and vinegar in a jug. Beat well.
2. Drop cubes of butter on top. Cook on **HIGH** power for 15 secs.
3. Whisk. Cook on **HIGH** power for 10 secs.
4. Whisk again and cook on **HIGH** power for 10 secs. Repeat 10 secs. stages until sauce is thick and creamy.
5. Season and serve immediately with salmon steaks or asparagus spears.

**N.B. This sauce must not boil or eggs will curdle.**

## *Tomato Sauce*

Serves 4

***Ingredients***
*1 medium onion, finely chopped*
*1 celery stick, finely chopped*
*1 carrot, finely chopped*
*25 g (1 oz) butter*
*2 cloves garlic, crushed*
*2 x 396 g (14 oz) cans of tomatoes*
*3 ml (½ tsp) each of basil, oregano and ground bay leaves*
*150 ml (¼ pt) red wine or vegetable stock*
*salt and pepper*

**Dish: large casserole** **Oven Accessory: glass turntable**

1. Place onion, celery, carrot and butter in casserole, cover and cook on **HIGH** power for 4-5 mins. or until soft. Add the garlic, tomatoes, herbs and wine or stock.
2. Re-cover and cook on **MEDIUM** power for 10-15 mins. Liquidise then press through a sieve for a smooth sauce.

## *Creamy Orange Sauce*

Serves 4

***Ingredients***
*25 g (1 oz) butter*
*15 ml (1 tbsp) custard powder*
*50g (2 oz) caster sugar*
*150 ml (¼ pt) orange juice*
*150 ml (¼ pt) double cream*

**Dish: 1 litre (2 pt) jug** **Oven Accessory: glass turntable**

1. Melt butter on **HIGH** power for 30 secs. Stir in custard powder, sugar, orange juice and cream.
2. Cook on **HIGH** power for 2-3 mins. stirring occasionally, until mixture boils and thickens.

## *Mars Bar Sauce*

Serves 4

***Ingredients***
*2 Mars bars*
*60 ml (4 tbsp) milk*

**Dish: 1 litre (2 pt) jug** **Oven Accessory: glass turntable**

1. Cut each bar into four. Place in jug with the milk.
2. Cook on **HIGH** power for 2-3 mins. or until melted, stirring twice. Serve hot over ice-cream or sponge pudding.

## *Gravy*

***Ingredients***
*meat or poultry dripping with sediment*
*30 ml (2 tbsp) flour*
*300 ml (½ pt) stock*
*salt and pepper*

**Dish: 1 litre (2 pt) jug** **Oven Accessory: glass turntable**

1. Scrape dripping and sediment from roasting dish into the jug.
2. Stir flour into dripping.
3. Gradually blend in stock.
4. Cook on **HIGH** power for 2-3 mins. stirring halfway through. Season and serve.

# Pastry

## Shortcrust Pastry

***Ingredients***
*225 g (8 oz) plain flour*
*pinch salt*
*100 g (4 oz) margarine*
*45 ml (3 tbsp) cold water*

1. Place flour and salt into a mixing bowl. Rub the margarine into the flour until the mixture resembles fine breadcrumbs.
2. Sprinkle the water over and mix in using a round bladed knife.
3. Knead lightly for a few seconds until it forms a firm, smooth dough. If possible, rest for 15 mins. before rolling out.

## Choux Pastry

***Ingredients***
*50 g (2 oz) butter*
*150 ml (1/4 pt) water*
*65 g (2 1/2 oz) plain flour sifted*
*2 eggs, lightly beaten*

**Dish: large jug** **Oven Accessory: glass turntable**

1. Place butter and water in a large jug and heat on **HIGH** power for 2-3 mins. or until boiling.
2. Immediately tip in all the flour and beat well until mixture is smooth. Cool slightly.
3. Beat in eggs one at a time, beating vigorously until mixture is smooth and glossy.

## Suetcrust Pastry

***Ingredients***
*225 g (8 oz) self-raising flour*
*3 ml (1/2 tsp) salt*
*100 g (4 oz) shredded suet*
*105 ml (7 tbsp) cold water*

1. Mix together flour, salt and suet.
2. Add water and mix to a soft dough. Knead lightly until smooth.

## Savoury Potato Plait

Serves 4-6

***Ingredients***
*1 small potato, thinly sliced*
*200 g (7 oz) puff pastry*
*1 small onion, sliced*
*small apple, peeled, cored and sliced*
*salt and pepper to taste*
*75 g (3 oz) cheese, grated or crumbled, eg. Stilton, Roule etc.*
***Glaze:***
*1 egg, beaten*

**Dish: baking sheet (round)** **Oven Accessory: glass turntable + metal tray**

1. Cook potato in a shallow dish with 60 ml (4 tbsp) water, covered for 3 mins. on **HIGH** power. Drain.
2. Roll out the pastry to an oblong 25 x 27 cm (10 x 11"). Lift onto baking sheet. With a knife, cut each side of the long edges diagonally at 2.5 cm (1") intervals, to give strips which will become plaits.
3. Arrange layers of potato, onion and apple down the centre of the pastry. Season. Sprinkle over the cheese.
4. Brush the pastry strips with beaten egg and fold alternately over the mixture to form a plait.
5. Glaze the complete plait with beaten egg. Preheat oven on **Convection 210°C**. Cook on **Combination: Convection 230°C + SIMMER power** for 15-20 mins. or until crisp and golden.

## *Minced Beef and Onion Pie*

Serves 4

***Ingredients***
*350 g (12 oz) shortcrust pastry*
*beaten egg to glaze*
***Filling:***
*350 g (12 oz) lean minced steak*
*1 medium onion, chopped*
*450 ml (¾ pt) hot beef stock*
*15 ml (1 tbsp) tomato puree*
*5 ml (1 tsp) yeast extract (Marmite®)*
*salt and pepper*
*10 ml (2 tsp) gravy thickening*

**Dish: large casserole + lid + 20 cm (8") pie plate** **Oven Accessory: glass turntable + metal tray**

1. Combine all filling ingredients except thickening in casserole dish. Cover and cook on **HIGH** power for 5 mins. then **MEDIUM** power for 15 mins. Mix gravy thickening with water and stir into meat. Leave to cool. Preheat oven on **Convection 210°C**.
2. Roll out half the pastry to fit pie plate. Remove mince with a slotted spoon, reserving gravy for serving and fill pie. Roll out remaining pastry for a lid and place on top of mince, sealing the edges with water. Cut 2 slits in top of pastry and glaze top with egg. Cook on AUTO PROGRAMME PASTRY. Approx. cooking time 20-25 mins. or **Combination: Convection 220°C + SIMMER power** for 20-25 mins. or until cooked.

## *Baked Jam Roly Poly Pudding*

Serves 4

***Ingredients***
*1 quantity of suet pastry (page 88)*
*75 ml (5 tbsp) seedless raspberry jam*
*milk to glaze*

**Dish: 1 kg (2 lb) loaf dish** **Oven Accessory: glass turntable + metal tray**

1. Roll out pastry to approx. 23 x 32 cm (9 x 13").
2. Spread the jam over the pastry leaving 1cm (½") border all round. Brush the edges with milk and roll the pastry up evenly, starting at one short side and sealing the edges well.
3. Brush top with milk and place in loaf dish. Preheat oven on **Convection 210°C**. Cook on **Combination: Convection 220°C + SIMMER power** for 15-20 mins. or until golden.

## *Apple Pie*

Serves 4-6

***Ingredients***
*30 ml (2 tbsp) caster sugar*
*5 ml (1 tsp) cinnamon*
*30 ml (2 tbsp) sultanas*
*2 cooking apples, peeled, cored and sliced*
*15 ml (1 tbsp) lemon juice*
*350 g (12 oz) puff pastry*

**Dish: 20 cm (8") pie plate** **Oven Accessory: glass turntable + metal tray**

1. Mix together sugar, cinnamon and sultanas.
2. Toss apples in lemon juice. Sprinkle sugar mixture over.
3. Divide pastry in half. Roll out half and line base of plate.
4. Place apple filling on top of pastry. Roll out remainder of pastry and cut to a circle for lid.
5. Seal edges, crimp and brush top with egg. Preheat oven on **Convection 210°C**. Cook on AUTO PROGRAMME PASTRY. Approximate cooking time 20-24 mins. or **Combination: Convection 220°C + SIMMER power** for 20-25 mins. or until cooked.

## Chocolate Eclairs

Makes 16

***Ingredients***
*1 quantity of choux pastry (page 88)*
*150 ml (¼ pt) whipping cream*
*100 g (4 oz) icing sugar, sieved*
*10 ml (2 tsp) cocoa powder*
*15 ml (1 tbsp) hot water*

**Dish: baking sheet (round)** **Oven Accessory: glass turntable + metal tray + low rack**

1. Place the choux pastry into a forcing bag fitted with a plain 1 cm (½") nozzle. Pipe fingers 9 cm (3½") long on lightly greased, slightly wetted baking sheet.
2. Pre-heat the oven on **Convection 210°C** and cook for approximately 15-20 mins. Pierce each eclair and return for a further 5-10 mins. to crisp if necessary. When cooked cool on a wire rack.
3. Whip the cream until stiff and fill the eclairs.
4. Dissolve cocoa in hot water and stir into icing sugar, beating well until smooth, add extra water if required. Ice the filled eclairs and leave until set.

## Lemon Meringue Pie

Serves 6

***Ingredients***
*225 g (8 oz) shortcrust pastry (page 88)*
***Filling:***
*45 ml (3 tbsp) cornflour*
*150 ml (¼ pt) water*
*2 lemons, juice and grated rind of*
*100 g (4 oz) sugar*
*2 egg yolks*
***Meringue:***
*100 g (4 oz) caster sugar*
*2 egg whites*

**Dish: 20 cm (8") flan dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Roll out pastry to line flan dish. Prick all over with a fork. Chill.
2. Cook on **HIGH** power for 3-4 mins. or until dry.
3. Place cornflour, water and lemon juice and rind in a jug. Heat on **HIGH** power for 2 mins. Whisk until smooth. Add sugar. Cool slightly. Add egg yolks. Mix well. Pour into pastry case.
4. Whisk egg whites stiffly. Add sugar gradually – whisking after each addition.
5. Pile meringue onto lemon filling. Pre-heat oven on **Convection 190°C** and cook for 25-30 mins. until lightly browned.

## Bakewell Tart

Serves 6

***Ingredients***
*175 g (6 oz) shortcrust pastry*
*45 ml (3 tbsp) jam*
*100 g (4 oz) butter*
*100 g (4 oz) sugar*
*2 eggs*
*2 drops almond essence*
*100 g (4 oz) self raising flour*
*25 g (1 oz) ground almonds*
*25 g (1 oz) flaked almonds*

**Dish: 23 cm (9") flan dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Roll out pastry to line dish. Rest for 10 mins. Cook on **Combination: FAST-BAKE 250°C + Grill 3 + SIMMER power** for 8-9 mins. or until beginning to dry or bake blind on **Convection 210°C** for 20 mins. Spread with jam.
2. Cream butter and sugar. Gradually beat in eggs, essence and fold in flour and ground almonds. Spread over the jam and sprinkle with flaked almonds.
3. Cook on **Combination: FAST-BAKE 250°C + GRILL 3 + LOW power** for 8 mins or until just cooked. Stand for 5 mins. before serving.

## *Tarte Normande*

Serves 6

***Ingredients***
***Pastry:***
*175 g (6 oz) plain flour*
*50 g (2 oz) caster sugar*
*100 g (4 oz) butter*
*1 egg*
***Filling***
*1lb plums*
*100 g (4 oz) Amaretti biscuits, crushed*
***Glaze***
*3 tbsp glacé icing*

**Dish: 24 cm (9") flan tin** **Oven Accessory: glass turntable + metal tray (+ low rack if using Convection)**

1. Rub the butter into the flour and sugar, then mix to a smooth dough with the egg. Knead lightly, cover and allow to rest in the refrigerator. (Food processor can be used.)
2. Cut the plums in half and remove the stones, then press some of the crushed biscuit into the cavity in each half.
3. Roll out just over half the pastry thinly and line the flan tin. Sprinkle the remaining crushed biscuits over the base and arrange the filled plums over the top. Dampen the edges with water, roll out the rest of the pastry and fit over the top. Seal the edges together.
4. Drizzle the glacé icing (pouring consistency) over the surface and allow to rest in the refrigerator for 20 mins. Bake in a preheated oven on **Convection 180°C** for 40-45 mins. or until the top is browned and the juices bubble through, or on **Combination: Convection 200˚C + WARM power** for 25 mins.

## *Pecan Pie*

Serves 8

***Ingredients***
***Pastry:***
*100 g (4 oz) margarine*
*25 g (1 oz) butter*
*175 g (6 oz) plain flour*
*pinch salt*
***Filling:***
*3 eggs*
*15 ml (1 tbsp) milk*
*150 ml (¼ pt) maple/corn syrup*
*50 g (2 oz) butter*
*175 g (6 oz) demerara sugar*
*3 ml (½ tsp) vanilla essence*
*175 g (6 oz) pecan nuts*

**Dish: 23 cm (9") flan tin** **Oven Accessory: glass turntable + metal tray + low rack**

1. Cream together fats. Gradually stir in the sieved flour and salt, to form a smooth dough and chill.
2. Place in flan tin, press mixture evenly over the base and up the sides. Pre-heat oven on **Convection 200°C** and bake blind for 15-20 mins. or until dry.
3. Beat together the eggs and milk in a bowl.
4. In a large Pyrex® bowl place the maple syrup, butter, sugar and vanilla essence. Cook on **HIGH** power for 2-3 mins. or until the sugar has dissolved.
5. Beat the sugar mixture into the eggs.
6. Place the pecan nuts into the pastry case and pour over the syrup mixture.
7. Cook on **Convection 150°C** for 30-35 mins. or until set.

## *Chicken & Stilton Pie*

Serves 4

***Ingredients***
*125 g (1 oz) butter*
*200 g (7 oz) leeks, chopped*
*50 g (2 oz) plain flour*
*450 ml (¾ pt) milk*
*150 g (5 oz) stilton*
*400 g (14 oz) cooked chicken, cubed*
*250 g (9 oz) ready prepared shortcrust pastry, chilled*

**Dish: 20 cm (8") gratin dish** **Oven Accessory: glass turntable + metal tray**

1. Place the butter and leeks in a bowl, cover and cook on **HIGH** power for 4-5 minutes or until soft.
2. Add the flour, stir well then gradually add the milk and cook on **HIGH** power for 4 mins stirring throughout or until the sauce has thickened. Preheat the oven on **Convection 210°C**.
3. Finely chop the cheese and add to the sauce, mix in the chicken.
4. Grate the pastry on top of the chicken mixture and cook on **Combination: Convection 210°C + SIMMER power** for 25-30 mins. or until cooked and browned.

# Desserts

## *Creamy Rice Pudding*

Serves 2

***Ingredients***
*butter for greasing*
*225 ml (8fl. oz) evaporated milk*
*350 ml (12fl. oz) water*
*50 g (2 oz) short grain rice*
*25 g (1 oz) caster sugar*

**Dish: large bowl** **Oven Accessory: glass turntable**

1. Butter the bowl. Mix the milk and water together. Pour into the bowl and stir in the rice and sugar. Cover.
2. Cook on **HIGH** power for 5-6 mins. or until the liquid is boiling.
3. Immediately reduce to **SIMMER** power and cook for 30-35 mins. or until starting to thicken. Stir with a fork to break up any lumps after every 15 mins. and at the end of the cooking time.
4. Leave to stand for 5 mins. to thicken further before serving.

## *Steamed Suet Sponge Pudding*

Serves 4

***Ingredients***
*150 g (5 oz) self-raising flour*
*pinch of salt*
*50 g (2 oz) caster sugar*
*50 g (2 oz) suet*
*1 egg*
*150 ml (¼ pt) milk*
*30 ml (2 tbsp) jam or golden syrup*
*Optional: Add 1 tbsp of sultanas.*

**Dish: 1 litre (2 pt) pudding basin** **Oven Accessory: glass turntable**

1. In a mixing bowl, sift together the flour and salt. Stir in sugar and suet.
2. Make a well in the centre and add beaten egg and milk.
   Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on **HIGH** power for 5-5½ mins. until firm.

## *Pineapple Upside Down Pudding*

Serves 4

***Ingredients***
*15 ml (1 tbsp) brown sugar*
*small can of pineapple slices, drained*
*4 glacé cherries, halved*
*100 g (4 oz) margarine*
*100 g (4 oz) caster sugar*
*2 eggs*
*100 g (4 oz) self-raising flour*
*30 ml (2 tbsp) milk*

**Dish: 20 cm (8") round dish, lightly greased** **Oven Accessory: glass turntable + metal tray**

1. Sprinkle sugar on base of dish, arrange pineapple slices and cherry halves on top of sugar in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the eggs gradually. Fold in the flour and mix to a soft consistency with the milk.
3. Spoon the mixture over the pineapple and cook on **Combination: Convection 170°C + WARM power** for 25-30 mins. or until cooked and golden brown. Leave to cool slightly before turning upside down on a serving plate.

## Creme Caramel

Serves 4

***Ingredients***
*150 ml (1/4 pt) water*
*100 g (4 oz) caster sugar*
*3 eggs*
*3 ml (1/2 tsp) vanilla essence*
*30 ml (2 tbsp) caster sugar*
*300 ml (1/2 pt) cold milk*

**Dish: 15 cm (6") souffle dish** **Oven Accessory: glass turntable**

1. Put water and the 100 g (4 oz) of sugar in a souffle dish. Cook on **HIGH** power for 2-3 mins. or until sugar has dissolved. Continue cooking on **HIGH** power for 6-10 mins. until sugar has caramelised, keeping a close watch as it can burn easily. **CAUTION** – Remove from oven very carefully (the base will be extremely hot) and cool.
2. Beat eggs, essence, caster sugar and milk together and strain over caramel.
3. Cook on **SIMMER** power for 13-15 mins. or until starting to set around edge of dish. The custard will continue to set on cooling. Refrigerate for several hours before turning out.

**N.B.** Individual Creme Caramels can be prepared by dividing the above ingredients between 4 individual 3 1/2" ramekins. Dissolve sugar in the water on **HIGH** power for 1-2 mins before putting in ramekins. Cook the sugar solution for approx. 8-9 mins. on **HIGH** power, then cook the custards for approx. 11-13 mins. on **SIMMER** power.

## Plum & Oat Layer

Makes 8 slices

***Ingredients***
*100 g (4 oz) butter or margarine*
*50 g (2 oz) light brown sugar*
*30 ml (2 tbsp) golden syrup*
*225 g (8 oz) rolled oats*
*450 g (1 lb) plums, stoned and thinly sliced*
*5 ml (1 tsp) ground cinnamon*

**Dish: 20 cm (8") ceramic flan dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Place the butter, sugar and syrup in a bowl. Cook on **HIGH** power for 1-2 mins. or until melted. Stir in the rolled oats.
2. Spread half the oat mixture into the dish. Arrange the plums over the top in overlapping rows and sprinkle with cinnamon.
3. Sprinkle the remaining oat mixture over the plums and gently press down.
4. Cook on **Combination: FAST-BAKE 250°C + Grill 3 + LOW power** for 8-10 mins. or until the mixture is firm and golden brown.
5. Cut into slices while hot, then allow to cool in the dish.

## Baked Lemon Cheesecake

Serves 8

***Ingredients***
*75 g (3 oz) butter*
*175 g (6 oz) digestive biscuits, crushed*
*5 ml (1 tsp) cinnamon*
***Filling:***
*175 g (6 oz) cream cheese*
*175 g (6 oz) cottage cheese*
*75 g (3 oz) caster sugar*
*25 g (1 oz) cornflour*
*1 lemon, grated rind of*
*150 ml (1/4 pt) soured cream*
*2 eggs, separated*
*50 g (2 oz) sultanas*

**Dish: 20 cm (8") deep Pyrex® dish, greased** **Oven Accessory: glass turntable + metal tray + low rack**

1. Melt butter on **HIGH** power for 1-2 mins. or until melted. Stir in biscuits and cinnamon. Press into base of dish.
2. Blend cream cheese and cottage cheese together until smooth, add sugar, cornflour, lemon rind, soured cream and egg yolks.
3. Whisk egg whites until stiff and carefully fold into the cheese mixture. Sprinkle the sultanas over the biscuit base and pour over the filling mixture.
4. Cook on **Combination: FAST-BAKE 250°C + Grill 3 + LOW power** for 8-9 mins. or until the filling has set and is golden brown. Chill before serving.

## Chocolate Saucy Pudding

with toffee sauce

***Ingredients***
***Pudding:***
*75 g (3 oz) plain chocolate*
*30 ml (2 tbsp) milk*
*175 g (6 oz) margarine*
*175 g (6 oz) light muscovado sugar*
*2 eggs*
*175 g (6 oz) fresh white breadcrumbs*
*30 ml (2 tbsp) cocoa powder*
***Sauce:***
*225 g (8 oz) vanilla flavoured toffees*
*150 ml (¼ pt) milk*
*15 g (½ oz) butter*

**Dish: 1.2 litre (2 pt) pudding basin** **Oven Accessory: glass turntable**

1. Line the base of a 1.2 litre (2 pt) pudding basin with a circle of greaseproof paper.
2. Melt the chocolate with the milk on **HIGH** power for 1 min. – mix until smooth.
3. Mix the margarine and sugar together, add the cooled chocolate and eggs.
4. Add the breadcrumbs and cocoa powder and mix well.
   Fill the basin with the mixture and cook on **HIGH** power for 6-7 mins. or until cooked. Leave to stand for 5 mins. before turning out.
5. Meanwhile, prepare the sauce by combining all ingredients in a large jug and cook on **HIGH** power for 2-3 mins. or until smooth. Stir vigorously and pour over the pudding.

## Bread and Butter Pudding

Serves 4

***Ingredients***
*6 slices of bread, buttered and cut in half diagonally*
*75 g (3 oz) mixed dried fruit*
*450 ml (¾ pt) milk*
*3 eggs*
*25 g (1 oz) caster sugar*
*3 ml (½ tsp) nutmeg*

**Dish: 20 x 25 cm (8 x 10") oblong, greased dish** **Oven Accessory: glass turntable + metal tray**

1. Arrange the bread and fruit in the prepared dish.
2. Warm the milk for 3 mins. on **MEDIUM** power but do not allow to boil.
3. Beat together the eggs and sugar, add the milk, stirring well.
4. Pour the mixture over the bread, sprinkle with nutmeg and leave to stand for 15 mins. Cook on **Combination: Convection 190°C + WARM power** for 15-20 mins. or until set and browned.

## Baked Apples

Serves 4

***Ingredients***
*4 medium sized apples*
*30 ml (2 tbsp) sugar*
*25-50 g (1-2 oz) mixed dried fruit*
*25 g (1 oz) butter*

**Dish: 20 cm (8") shallow dish** **Oven Accessory: glass turntable**

1. Core the apples and score the skin around the middle.
2. Mix together the sugar and fruit and fill the centres of the apples.
3. Dot the top with butter. Stand the apples in a suitable dish and cook on **HIGH** power for 5½ -7 mins. Stand for 5 mins. before serving.

**NB** The apples will look quite green when removed from the oven, but they should feel slightly soft when tested with a sharp knife. During the standing time, the colour will become dull and the apples will be tender. The apples will overcook very easily, so take care to undercook slightly.
For 1 baked apple cook for 2-3 mins. For 2 baked apples cook for 3-5 mins.

## *Fruit Crumble*

Serves 4

***Ingredients***
*675 g (1 lb 8 oz) fresh fruit, prepared (e.g. apples, plums, rhubarb, gooseberries, blackcurrants)*
*sugar to taste*
***Crumble Topping:***
*75 g ( 3 oz) butter*
*175 g (6 oz) plain flour*
*75 g (3 oz) sugar*

**Dish: suitable sized, heatproof dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Layer prepared fruit in the dish. Add sugar to taste, depending on the sharpness of the fruit.
2. Rub butter into the flour until mixture resembles fine breadcrumbs. Stir in the sugar.
3. Sprinkle the crumble over the fruit, so that it is completely covered.
4. Cook on **Combination: CONVECTION 230°C + SIMMER power*** for 15 - 20 minutes, or until golden brown.

* Or: Use Auto Crumble programme.

## *Christmas Pudding*

Serves 6-8

***Ingredients***
*1 cooking apple, peeled and grated*
*1 carrot, peeled and grated*
*1 orange, juice and grated rind of*
*400 g (14 oz) mixed dried fruit*
*45 ml (3 tbsp) brandy*
*15 ml (1 tbsp) black treacle*
*50 g (2 oz) self-raising flour*
*pinch of salt*
*15 ml (1 tbsp) cocoa*
*5 ml (1 tsp) mixed spice*
*3 ml (½ tsp) nutmeg*
*100 g (4 oz) shredded suet*
*150 g (5 oz) fresh breadcrumbs*
*50 g (2 oz) mixed peel*
*50 g (2 oz) flaked almonds*
*2 eggs, beaten*

**Dish: 1.3 litre (2½ pt) pudding basin lightly greased** **Oven Accessory: glass turntable**

1. Place apple and carrot in a large bowl. Cover and cook on **HIGH** power for 5 mins. Beat well to make a thick puree.
2. Stir in juice, rind and mixed fruit. Cook on **HIGH** power for 2 mins. Stir in brandy and treacle. Stand for 5 mins. Beat in rest of ingredients.
3. Press into the pudding basin. Cover with greaseproof paper and cook on **HIGH** power for 4 mins. Stand for 5 mins. Cook on **HIGH** power for another 2 mins. or until just firm.

NB. One of the advantages of using your microwave to make this traditional pudding is that it can be made the week before Christmas and stored in a cool dry place. Do not attempt to make the pudding earlier than this, since the flavour will not improve with keeping, unlike a tradionally steamed pudding.

## *Italian Banana and Toffee Pudding*

***Ingredients***
*75 g (3 oz) butter*
*75 g (3 oz) golden syrup*
*75 g (3 oz) soft dark sugar*
*4 bananas, peeled and sliced*
*150 ml (¼ pt) double cream*
*150 ml (¼ pt) milk*
*250 g (9 oz) Italian bread i.e. Panettone, sliced*

**Dish: 21 cm x 23 cm (8" x 9") Pyrex® dish** **Oven Accessory: glass turntable + metal tray + low rack**

1. Place the butter, syrup and sugar in a bowl and cook on **HIGH** power for 3 - 4 minutes, or until bubbling. Stir frequently. Stir in the bananas.
2. Place the cream and milk in a bowl and cook on **HIGH** power for 1 - 2 minutes, or until warm.
3. Place half the sliced bread in the base of the dish and pour over half of the warm milk.
4. Spoon over half of the banana and toffee mixture, and then repeat the layers.
5. Cook on **Combination: FAST-BAKE 250°C + Grill 3 + WARM power** for 15 minutes, or until golden brown.

# Baking Guidelines

**COVERING**

Just as you wouldn't cover a cake baked in a traditional oven, NEVER cover your cakes.

**DISH SIZE/SHAPE**

Always use the exact dish size stated in the following recipes, otherwise cooking times and results will be affected.

**MIXING/BEATING**

Cakes cooked by microwave need to be well mixed, but not over beaten. Generally it is unnecessary to cream butter and sugar or beat eggs in an electric mixer or food processor. Do not attempt to cook whisked/fatless sponges, or any cakes containing whisked egg white.

**EGGS**

The following recipes have been tested using medium eggs. Using a different size of egg may affect cooking times.

***Ingredients***

*800 g (1 lb 12 oz) currants*
*375 g (13 oz) sultanas*
*375 g (13 oz) raisins*
*250 g (9 oz) glacé cherries*
*150 g (5 oz) almonds, flaked*
*600 g (1 lb 5 oz) plain flour*
*5 ml (1 tsp) mixed spice*
*5 ml (1 tsp) cinnamon*
*500 g (1 lb 2 oz) butter or margarine*
*500 g (1 lb 2 oz) sugar*
*½ lemon, grated rind of*
*9 eggs*
*45 ml (3 tbsp) brandy*

## *Celebration Cake*

**Dish: 27 cm (11") round tin, greased and lined** **Oven Accessory: glass turntable + metal tray + low rack**

1. Prepare the tin by lining with a double layer of greaseproof paper on the inside and tie a double band of brown paper around the outside.
2. Mix together all the fruit and nuts.
3. Sift flour and spices.
4. Cream the butter, sugar and lemon rind until pale and fluffy. Add the eggs one at a time, beating well after each addition.
5. Fold in half the flour using a metal spoon, then fold in the rest and add the brandy. Lastly fold in the fruit.
6. Spoon mixture into the tin and spread evenly, removing all air pockets. Make a small dip in the centre.
7. Cook in a pre-heated oven on **Convection 140°C** for 2 hrs. then reduce temperature to 130°C for 2½ hours or until cooked. To avoid overbrowning on top, cover with several thicknesses of greaseproof paper secured with cocktail sticks after 1½ hours. Leave cake to cool in tin and store wrapped tightly in tin foil for approx. 1-2 months before use.

***Ingredients***

*175 g (6 oz) butter or margarine*
*175 g (6 oz) caster sugar*
*3 eggs*
*175 g (6 oz) self-raising flour*

## *Victoria Sandwich*

**Dish: 20 cm (8") cake tin, greased and lined** **Oven Accessory: glass turntable + metal tray + low rack**

1. Cream butter and sugar until pale and fluffy. Add the eggs a little at a time beating well after each addition.
2. Fold in half the flour, using a metal spoon, then fold in the remaining flour.
3. Spoon the mixture into the tin and level with a knife.
4. Cook in a pre-heated oven on **Convection 180°C** for 30-35 mins. or until cooked.
5. When the cake is cool, cut in half horizontally and sandwich together with cream and jam and dust with icing sugar or fill with a filling of your choice.

## Gingerbread

***Ingredients***
*225 g (8 oz) plain flour*
*pinch salt*
*10 ml (2 tsp) ground ginger*
*10 ml (2 tsp) baking powder*
*3 ml (1/2 tsp) bicarbonate of soda*
*100 g (4 oz) soft brown sugar*
*75 g (3 oz) butter or margarine*
*75 g (3 oz) treacle*
*75 g (3 oz) golden syrup*
*150 ml (1/4 pt) milk*
*1 egg, beaten*

**Dish: 18 cm (7") square tin lined with 3 layers of greaseproof paper**
**Oven Accessory: glass turntable + metal tray**

1. Sift the flour, salt, ginger, baking powder and bicarbonate of soda.
2. Warm the sugar, fat, treacle and syrup on **HIGH** power for 30-60 secs.
3. Whisk the milk and egg together. Make a well in the centre of the dry ingredients and pour in the liquid and syrup, mixing thoroughly.
4. Pour the mixture into the cake tin and cook on **Combination: Convection 160°C + WARM power** for 30-35 mins. or until just firm.

## Fruity Cream-cheese Cake

***Ingredients***
*150 g (5 oz) butter*
*10 ml (2 tsp) grated lemon rind*
*125 g packet of cream cheese*
*225 g (8 oz) caster sugar*
*3 eggs, beaten*
*100 g (4 oz) plain flour*
*100 g (4 oz) self-raising flour*
*150 g (5 oz) sultanas*
*150 g (5 oz) glacé cherries*

**Dish: 20 cm (8") round cake tin, lined** **Oven Accessory: glass turntable + metal tray**

1. Cream together butter, lemon rind, cream cheese and sugar until light and fluffy.
2. Add eggs a little at a time beating well after each addition.
3. Fold in sifted flours, sultanas and quartered cherries. Spread mixture into tin. Cook on **Combination: Convection 160°C + WARM power** for 45-50 mins. or until cooked.

## Orange Syrup Cake

***Ingredients***
*250 g (9 oz) butter*
*225 g (8 oz) caster sugar*
*5 eggs*
*275 g (10 oz) plain flour*
*30 ml (2 tbsp) baking powder*
*salt*
*grated rind of an orange*
***Syrup:***
*125 ml (4 fl.oz) fresh orange juice*
*15 ml (1 tbsp) grated orange rind*
*75 g (3 oz) icing sugar*

**Dish: 23 cm (9") round tin, base lined** **Oven Accessory: glass turntable + metal tray**

1. Beat butter and sugar until light and creamy. Gradually beat in the eggs.
2. Sift the flour, baking powder and salt over the creamed mixture and lightly fold in with the finely grated rind of one orange.
3. Turn the mixture into the prepared tin and cook on **Combination: Convection 160°C + SIMMER power** for 20-25 mins. or until cooked.
4. Meanwhile, heat the orange juice, orange rind and icing sugar on **HIGH** power for 2-3 mins. or until the sugar dissolves.
5. When cake is cooked, remove from the oven. Prick all over with a skewer and pour over the syrup. Leave overnight before removing from the tin.

## Carrot Cake

***Ingredients***
*50 g (9 oz) plain flour*
*10 ml (2 tsp) bicarbonate of soda*
*10 ml (2 tsp) baking powder*
*10 ml (2 tsp) cinnamon*
*10 ml (2 tsp) nutmeg*
*250 g (9 oz) dark brown sugar*
*225 ml (8 fl.oz) vegetable oil*
*3 eggs, beaten*
*350 g (12 oz) carrots, grated*
*75 g (3 oz) sultanas*
***Cream Cheese Topping:***
*75 g (3 oz) butter*
*100 g (4 oz) cream cheese*
*225 g (8 oz) icing sugar*

**Dish: 23 cm (9") round tin, base lined** **Oven Accessory: glass turntable + metal tray**

1. Sieve the flour, bicarbonate of soda and baking powder into a bowl with the cinnamon and nutmeg.
2. Mix in the brown sugar and make a well in the centre.
3. Add the oil and beaten eggs. Beat well until all the ingredients are combined. Stir in the grated carrot and sultanas, spoon into the prepared cake tin and cook on **Combination: Convection 160°C + WARM power** for 40 mins. or until cooked and well risen. Allow to cool in the tin.
4. Cream the butter and cream cheese until smooth. Stir in sieved icing sugar.
5. Decorate the cooled cake with the cream cheese topping.

## Spicy Apple Cake

Serves 10-12

***Ingredients***
*175 g (6 oz) margarine*
*175 g (6 oz) brown sugar*
*3 eggs*
*150 g (5 oz) wholemeal self raising flour*
*100 g (4 oz) self raising flour*
*Almond essence*
*450 g (1 lb) cooking apples, peeled, cored and thinly sliced*
*Juice of ½ a lemon*
*25 g (1 oz) brown sugar*
*2 ml (¼ tsp) nutmeg*
*3 ml (½ tsp) cinnamon*
*Slivered almonds*

**Dish: 20 cm (8") round cake tin, lined** **Oven Accessory: glass turntable + metal tray**

1. Cream together margarine and sugar until light and fluffy, gradually add the beaten eggs.
2. Fold in the flours and a few drops of almond essence.
3. In a separate bowl combine apple slices, lemon juice, sugar, nutmeg and cinnamon. Mix well.
4. Place ⅔rds of cake mixture into prepared tin. Arrange the drained apple mixture on top, leaving a space around the edge. Top with remaining cake mixture, sprinkle with almonds and cook on **Combination: Convection 160˚C + WARM power** for 45-50 minutes or until cooked.

## Banana Cake

***Ingredients***
*1 banana, large*
*3 ml (½ tsp) vanilla flavouring*
*75 g (3 oz) butter*
*100 g (4 oz) granulated sugar*
*150 g (5 oz) self-raising flour*
*3 ml (½ tsp) salt*
*1½ ml (¼ tsp) bicarbonate of soda*
*2 eggs*

**Dish: 18 cm (7") cake tin, lined with greaseproof paper**
**Oven Accessory: glass turntable + metal tray**

1. Peel the banana and mash until smooth with the vanilla flavouring.
2. Place the butter and sugar in a bowl and melt on **HIGH** power for 1 minute, or until soft.
3. Stir in the flour, salt and bicarbonate of soda. Beat in the eggs and mashed Banana.
4. Spoon into the prepared cake tin and cook on **Combination: CONVECTION 160°C + WARM power** for 20 minutes, or until cooked.

## Dundee Cake

***Ingredients***
*100 g (4 oz) currants*
*100 g (4 oz) sultanas*
*100 g (4 oz) raisins*
*50 g (2 oz) whole almonds, blanched and chopped, reserve 6 whole for decoration*
*225 g (8 oz) butter or margarine*
*225 g (8 oz) soft brown sugar*
*grated rind of one lemon*
*4 eggs*
*275 g (10 oz) plain flour*
*100 g (4 oz) chopped mixed peel.*

**Dish: 20 cm (8") round tin, greased and lined** **Oven Accessory: glass turntable + metal tray**

1. Mix the chopped nuts, fruit and flour together.
2. Cream the fat, sugar and lemon rind until pale and fluffy. Beat in the eggs one at a time.
3. Fold in the flour, fruit, peel and nuts. Spoon mixture into tin and hollow out the centre slightly. Split the reserve almonds, and arrange on top. Cook on **Combination: Convection 160°C + WARM power** for 55 - 60 mins.

## Coffee Walnut Cake

***Ingredients***
*100 g (4 oz) soft margarine*
*100 g (4 oz) caster sugar*
*2 eggs, beaten*
*115 g (4½ oz) self raising flour*
*2 ml (¼ tsp) salt*
*3 ml (½ tsp) mixed spice*
*15 ml (1 tbsp) Camp coffee essence*
*30 ml (2 tbsp) milk*
*10 ml (2 tsp) black treacle*
*50 g (2 oz) chopped walnuts*
***Icing:***
*50 g (2 oz) soft margarine*
*225 g (8 oz) icing sugar*
*15 ml (1 tbsp) Camp coffee essence*
*15 ml (1 tbsp) water*
*15 ml (1 tbsp) milk*

**Dish: 18 cm (7") round cake tin, greased and lined** **Oven Accessory: glass turntable + metal tray**

1. Cream margarine and sugar until light and fluffy. Gradually add the eggs. Fold in the dry ingredients. Add coffee essence, milk, treacle and walnuts. Stir well.
2. Spoon into tin and cook on **Combination: Convection 160°C + WARM power** for 25-30 mins. Cool. Cut in half.
3. Beat all icing ingredients together until smooth. Sandwich cake together with half the icing and spread the remainder over the top. Decorate with whole walnuts.

## Lemon and Raisin Flapjacks

***Ingredients***
*75 g (3 oz) self-raising flour*
*75 g (3 oz) porridge oats*
*50 g (2 oz) dark muscovado sugar*
*75 g (3 oz) butter*
***For the Topping:***
*25 g (1 oz) butter*
*3 eggs, beaten*
*175 g (6 oz) light muscovado sugar*
*150 g (5 oz) raisins*
*75 g (3 oz) dessicated coconut*
*1 lemon, grated rind plus 30 ml juice*

**Dish: 21 cm x 23 cm (8" x 9") Pyrex® dish, greased** **Oven Accessory: glass turntable + metal tray + low rack**

1. Place the flour, oats and sugar in a bowl and rub in the butter. Press the mixture into the greased dish and press until smooth.
2. Cook on **HIGH** power for 3 mins. or until firm. Allow to cool.
3. Place the butter in a small bowl and cook on **HIGH** power for 30 - 60 seconds or until melted.
4. Mix all the topping ingredients together.
5. Pour over the base and cook on **Combination: FAST-BAKE 250°C + Grill 3 + SIMMER power** for 8 - 9 minutes or until firm and golden brown. Divide into equal pieces and allow to cool.

## American Cookies

***Ingredients***
***Basic Cookie Dough:***
*100 g (4 oz) butter*
*100 g (4 oz) caster sugar*
*1 egg, beaten*
*175 g (6 oz) plain flour*
***Variations:***
***White Chocolate and Pistachio Nut***
*100 g (4 oz) white chocolate, chopped*
*50 g (2 oz) pistachio nuts, chopped*
***Marzipan and Cherry***
*100 g (4 oz) glace cherries*
*50 g (2 oz) marzipan, chopped*
***Peanut Butter***
*100 g (4 oz) peanuts*
*50 g (2 oz) peanut butter, crunchy*
***Chocolate Chunk***
*75 g (3 oz) white chocolate, chopped*
*75 g (3 oz) dark chocolate, chopped*

**Dish: round metal baking tray** **Oven Accessory: glass turntable + metal tray + low rack**

1. Cream together the butter and sugar until pale, then beat in the egg.
2. Mix in the flour until well combined and add the chosen additions.
3. Place walnut-sized spoonfuls of dough well apart on a round baking tray, flatten slightly with a fork and cook in a pre-heated oven on **Convection 170°C** for 10-15 mins. or until golden.
4. Remove from baking sheet and allow to cool on a wire rack.
5. Repeat with remaining mixture.

## Boston Brownies

***Ingredients***
*100 g (4 oz) plain chocolate*
*100 g (4 oz) butter*
*100 g (4 oz) soft dark brown sugar*
*100 g (4 oz) self-raising flour*
*10 ml (2 tsp) cocoa powder*
*pinch salt*
*2 eggs, beaten*
*3 ml (1/2 tsp) vanilla essence*
*100 g (4 oz) walnuts, chopped*

**Dish: 20 cm (8") square dish lined with greaseproof** **Oven Accessory: glass turntable + metal tray + low rack**

1. Place chocolate and butter in a bowl and cook on **HIGH** power for 1 min. or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on **Combination: FAST-BAKE 250°C + Grill 3 + SIMMER power** for 6-7 mins. or until firm. Allow to cool and then cut into squares.

## Fruit Scones

Makes 12

***Ingredients***
*225 g (8 oz) self-raising flour*
*pinch salt*
*5 ml (1 tsp) baking powder*
*50 g (2 oz) butter*
*25 g (1 oz) caster sugar*
*50 g (2 oz) sultanas*
*150 ml (1/4 pt) milk*
*beaten egg to glaze*

**Dish: baking sheet (round)** **Oven Accessory: glass turntable + metal tray + low rack**

1. Sift the flour, salt and baking powder together. Rub in fat until the mixture resembles fine breadcrumbs. Add sugar and sultanas.
2. Make a well in the centre and stir in enough milk to form a soft dough.
3. Knead lightly. Pat out to 2cm (3/4") thick and cut into 10 rounds with a 5 cm (2") cutter. Place on baking sheet, brush with beaten egg and cook in a pre-heated oven on **Convection 210°C** for 15 mins. or until well risen and golden brown.

# Preserves

**STERILIZING JARS**

Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on HIGH power until water boils (approx. 3 mins. for 2 jars). Empty and drain upside down on kitchen paper. The jars should be warm when filled with jam.

If you wish to cook larger quantities than given in the recipes below, revert to the traditional hob method, using a traditional recipe.

**DISH SIZE**

Always use a very large pyrex bowl. DO NOT attempt to use jam pans or saucepans in your microwave.

**DO NOT LEAVE JAMS UNATTENDED DURING COOKING BECAUSE OF THE HIGH SUGAR CONTENT.**

**COVERING**

Do not cover preserves whilst cooking, apart from if recommended in the recipe.

**WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILIZE BABIES' BOTTLES.**

(See details on page 37)

**DO NOT SEAL PRESERVING JARS IN YOUR MICROWAVE.**

**SETTING POINT**

To determine whether setting point is reached, place a couple of drops of jam or marmalade on a cold saucer (put one in the fridge whilst making the jam). Leave to cool. The jam should wrinkle on the surface when your finger pushes across the top.

## *Soft Fruit Jam*

Makes approx. 1½ lbs jam

***Ingredients***
*450 g (1 lb) soft fruit, washed*
*450 g (1 lb) caster sugar*
*30 ml (2 tbsp) lemon juice*
*5 ml (1 tsp) butter*

**Dish: large bowl** **Oven Accessory: glass turntable**

1. Place all ingredients in a large bowl and stir. Cook on **HIGH** power for 5 mins. (10-15 mins. if using frozen fruit), stirring frequently. Continue to cook in one minute intervals until sugar has dissolved.
2. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-25 mins. Test regularly for setting point.

## *Lemon Curd*

Makes 2 lbs

***Ingredients***
*4 lemons, grated rind and juice of*
*450 g (1 lb) caster sugar*
*4 eggs, beaten*
*100 g (4 oz) butter*

**Dish: large bowl** **Oven Accessory: glass turntable**

1. Place all ingredients in bowl. Mix well.
2. Cook on **HIGH** power for 1 min. Stir. Continue to cook in 1 minute stages until mixture starts to thicken, then cook for 30 secs. at a time until mixture coats back of spoon. (The eggs will curdle if overcooked).
3. The mixture will thicken on cooling. Pot into warm jars. Cover with a circle of waxed paper and a jam pot cover.

## *Orange Marmalade*

Makes 1½-2lbs

***Ingredients***
*450 g (1 lb) seville oranges*
*1 lemon*
*900 ml (1½ pts) water*
*450 g (1 lb) sugar*
*knob of butter*

**Dish: large bowl** **Oven Accessory: glass turntable**

1. Grate oranges and lemon ensuring all the pith is left on the fruit.
2. Place the peeled fruit in a food processor and chop until the pips are broken.
3. Place the chopped mixture in a large bowl and pour over boiling water. Cover and cook on **HIGH** power for 10 mins.
4. Strain the mixture through a sieve into another large bowl pressing the pulp well until all the juice is extracted. Discard the pulp.
5. Stir the shredded rind into the hot juice and cook uncovered on **HIGH** power for 10 mins. until rind is tender, stirring occasionally. Stir in the sugar until dissolved.
7. Cook on **HIGH** for 8 mins covered. Stir in the butter and cook to setting point 4-6 mins.
8. Leave to stand for 10 mins then pour into warmed sterilized jars.

## Plum Jam

Makes approx. 2-2½ lbs jam

***Ingredients***
*675 g (1½ lb) plums or damsons*
*200 ml (7fl. oz) water*
*675 g (1½ lb) sugar*
*30 ml (2 tbsp) lemon juice*
*5 ml (1 tsp) butter*

**Dish: large bowl** **Oven Accessory: glass turntable**

1. Prick the plums and place in a large bowl with the water. Cook on **HIGH** power for 5-10 mins. or until the fruit is soft. Add the rest of ingredients. Cook on **HIGH** power for 5 mins stirring frequently.
2. Wash down any sugar crystals from around the bowl and bring to the boil on **HIGH** power. Continue to cook until setting point is reached – approx. 15-20 mins.
3. Leave to cool slightly, remove the stones, then pot, seal and label.

## Tomato Chutney

Makes approx. 2 lbs

***Ingredients***
*675 g (1½ lb) tomatoes*
*225 g (8 oz) cooking apples, peeled and sliced*
*1 medium onion, chopped*
*100 g (4 oz) granulated sugar*
*30 ml (2 tbsp) tomato puree*
*5 ml (1 tsp) salt*
*200 ml (7 fl.oz) white distilled vinegar*
*10 ml (2 tsp) ground ginger*
*2 ml (¼ tsp) cayenne pepper*
*3 ml (½ tsp) mustard powder*

**Dish: large bowl** **Oven Accessory: glass turntable**

1. Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 mins. Drain. Peel off skin and roughly chop flesh.
2. Blend apple and onion in a food processor to a thick puree.
3. Combine all ingredients together in a bowl. Cook on **HIGH** power for 25-30 mins. stirring occasionally, or until the mixture is thick with no excess liquid.
4. Leave to stand covered for 10 mins. then stir and pour into sterilized jars. Cover and label.

## Piccalilli

Makes 3½lb

***Ingredients***
*225 g (8 oz) aubergines, chopped*
*225 g (8 oz) frozen cauliflower florets*
*225 g (8 oz) frozen diced mixed peppers*
*225 g (8 oz) frozen courgette slices*
*100 g (4 oz) onion, chopped*
*175 g (6 oz) salt*
*1.5 litre (3 pt) water*
*75 g (3 oz) sugar*
*10 ml (2 tsp) dry English mustard powder*
*3 ml (½ tsp) ground ginger*
*450 ml (¾ pt) white vinegar*
*30 ml (2 tbsp) plain flour*
*5 ml (1 tsp) turmeric*

**Dish: large bowl** **Oven Accessory: glass turntable**

1. Dissolve the salt in the water. Place vegetables in a bowl and pour water over. Leave for 24 hours.
2. Drain and thoroughly rinse the vegetables in cold water, draining well.
3. Mix together the sugar, mustard, ginger and 300 ml (½ pt) of the vinegar. Add the vegetables and mix well. Cover and cook on **HIGH** power for 15 mins.
4. Blend the flour and turmeric with the remaining vinegar and stir into the mixture. Cook uncovered on **HIGH** power for 5 mins.
5. Fill warmed sterilized jars with the mixture. Cover and seal.

# Bread

The main advantage of using the microwave when making bread is that the dough can be proved by microwave as long as microsafe dishes are used.

**TO PROVE DOUGH**

Use Multi-stage function programme to prove on **HIGH** power for 10 secs. **STAND** for 10 mins. then **HIGH** power for 10 secs.

Leave in oven until dough has doubled in size.

NB: If cooking on Convection or Combination and using metal loaf tins, prove on Convection 40°C NOT by microwave.

The microwave is also useful for defrosting and warming frozen bread products, taking individual slices or items from the freezer as required.

Traditional hard crusted breads and rolls cannot be cooked successfully in the microwave because of its moist heat.

However, they can be cooked by Combination in ½ - ¾ of the conventional cooking time whilst retaining a browned crisp traditional appearance.

It is necessary to preheat the oven on **Convection 210°C** before selecting a combination setting.

## *Standard Bread Dough*

Makes 2 loaves or 12 rolls

***Ingredients***
*450 g (1 lb) strong plain flour*
*1 sachet dried yeast*
*5 ml (1 tsp) salt*
*15 g (1 tbsp) fat*
*300 ml (½ pt) warm water*

**Dish: 2 x 450 g (1 lb) loaf tin, lightly greased** **Oven Accessory: glass turntable + metal tray**

1. In a large bowl, combine the flour, yeast and salt. Rub in the fat.
2. Add the warm water then mix to a dough.
3. Turn onto a floured surface and knead for 10 mins. Divide into two and place in a loaf tin until the dough has doubled in size in a warm place or on **Convection 40°C**. To prove by microwave, see instructions above. Pre-heat the oven on **CONVECTION 210°C**.
4. Cook on **Combination: Convection 220°C + SIMMER power** for 10-12 mins. Repeat with second loaf.

**Wholemeal Bread**
Use 225 g (8 oz) each of wholemeal and strong white flour.

**Granary Bread**
Use 450 g (1 lb) granary flour instead of strong white flour.

## *Picnic Plait*

Serves 6

***Ingredients***
*225 g (8 oz) streaky bacon, chopped*
*1 small onion, finely chopped*
*½ quantity of bread dough*
*100 g (4 oz) cheddar cheese, grated*
*1 medium tomato, sliced*
***Glaze:***
*1 egg, beaten*

**Dish: round baking tray** **Oven Accessory: glass turntable + metal tray**

1. Combine bacon and onion in a small bowl, cover and cook on **HIGH** power for 2-3 mins. or until soft. Drain.
2. Roll dough to 25 x 30 cm (10 x 12") rectangle. With a sharp knife make diagonal slits down the long sides at 2.5 cm (1") intervals, leaving the centre 7.5 cm (3") uncut.
3. Layer filling ingredients along centre of dough, season and fold up alternate strips of dough to form a plait. Seal well at ends.
4. Brush with beaten egg and leave to prove in a warm place or on **CONVECTION 40°C**. Pre-heat the oven on **CONVECTION 210°C.** Cook on **Combination: Convection 220°C + SIMMER power** for 15-20 mins. or until golden brown.

# Traditional Sunday Lunch for 4

## STEP BY STEP

**Apple Pie**

Prepare and cook Apple Pie – see page 85.

**Potatoes**

Prepare 900 g (2 lb) new potatoes. Place in a medium casserole dish with 150 ml (¼ pt) of water. Cover and cook on **HIGH** power for 18-20 mins. or until boiled and cooked. Drain and leave to one side.

**Vegetables**

Cut 1 medium sized cauliflower into florets. Place in a medium casserole with 90 ml (6 tbsp) water. Cover and cook on **HIGH** power for 12 mins. or until cooked.

Place 225 g (8 oz) frozen peas in a suitable sized dish. Cover and cook on **HIGH** power for 5 mins. Drain and add to the cauliflower in a microsafe serving dish. Leave to one side.

**Meat**

Place 3-4 lb joint of beef on low rack on metal tray + splashguard and cook on AUTO PROGRAMME BEEF. When cooked remove meat from oven and tent in foil and keep warm.

Spoon off 45 ml (3 tbsp) of meat juices into a jug for gravy.

Place 10 ml (2 tsp) oil in 4 individual Yorkshire Pudding tins. Place on low rack on metal tray and preheat oven on **Convection 220°C**.

Once oven has preheated pour Yorkshire batter into heated oil in tins. Cook for 20-25 mins. or until Yorkshires are well risen and browned.

### Menu

**Roast Beef**
**Gravy**
**Yorkshire Puddings**
**New Potatoes**
**Cauliflower, Peas**
**Apple Pie**

### Time Plan

| | |
|---|---|
| **11.00am** | Prepare and cook apple pie. |
| **12 noon** | Parboil potatoes. |
| **12.12pm** | Cook cauliflower and peas. |
| **12.35pm** | Put beef in oven to cook.<br>Make Yorkshire batter. |
| **1.25pm** | Take beef out of the oven – tent in foil and leave to stand. |
| **1.30pm** | Cook Yorkshires. |
| | Carve meat. |
| **1.50pm** | Prepare gravy and cook. |
| | Reheat vegetables. |
| **2.00pm** | Place Apple Pie in oven to warm through. |

**To Serve:**

Remove Yorkshires on metal tray from oven. Reheat vegetables and make gravy using **HIGH** power (see page 83).

***Ingredients***
*100 g (4 oz) plain flour*
*pinch salt*
*2 eggs*
*300 ml (½ pt) milk*

## *Yorkshire Puddings*

Serves 4

**Dish: individual Yorkshire tins** **Oven Accessory: glass turntable + metal tray + low rack**

1. Place flour and salt in a mixing bowl. Make a well in the centre and break in eggs.
2. Beat eggs into flour and gradually add milk, beating well until smooth. Stand until required.
3. Divide 10 ml (2 tsp) oil between 4 individual Yorkshire Pudding tins. Place on low rack on metal tray and preheat oven to **Convection 220°C**.
4. Pour batter into heated oil in tins and cook for 20-25 mins. or until well risen and brown.

# Questions and Answers

Q My microwave oven causes interference with my TV, is this normal?

A Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.

Q My oven has an odour and generates smoke when using the CONVECTION, COMBINATION and GRILL function. Why?

A It is essential that your oven is wiped out regularly particularly after cooking by COMBINATION or GRILL. Any fat and grease that builds up will begin to smoke if not cleaned.

Q Sometimes warm air comes from the oven vents. Why?

A The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There isn't an airtight seal to the air therefore steam can escape. There are no microwaves in the air, or steam. The oven vents should never be blocked during cooking.

# Technical Specifications

| | |
|---|---|
| Rated Voltage: | 230-240 V 50 Hz |
| Operating Frequency: | 2,450 MHz |
| Input Power: | Max 2840 W |
| | Microwave 1300 W |
| | Grill 1560 W |
| | Convection 1330 W |
| Output Power: | 1000 W (IEC-705) |
| | Grill 1500 W |
| | Convection 1250 W |
| Outer Dimensions: | 530 mm (W) x 508 mm (D) x 344 mm (H) |
| Oven Cavity Dimensions: | 350 mm (W) x 367 mm (D) x 250 mm (H) |
| Weight: | 20.5 kg |

Weight and Dimensions are approximate.

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White Sauce .... 82

## Y

Yorkshire Puddings....100

# AFTER SALES SERVICE

**“No company is better positioned to offer an after sales service on a Creda appliance than us - the manufacturer”**

As part of our commitment to you, all Creda appliances have the added benefit of a fully inclusive parts and labour guarantee for the first 12 months. When the 12 months parts and labour guarantee expires we offer the following after sales service options:

***Repair Service and Information Help Desk***
UK: 08709 066 066
www.theservicecentre.co.uk
Republic of Ireland: 1850 302 200
*(Our operators will require the Model Number and Serial Number of your appliance)*

Available 364 days a year with a fast, effective and value for money service,
we have the largest white goods repair service in the UK with over 1,200 of our own fully trained engineers.
All repairs include a parts and labour guarantee for 12 months from the date of the repair.
If you require any information or have any questions about your appliance, our operators are on hand with help and advice.
All this ensures that you will receive the best available after sales service possible.

***Extended Warranties***
UK: 08709 088 088
www.theservicecentre.co.uk
Republic of Ireland: 1850 502 200

Whether you have just one or a number of Creda appliances in your kitchen, we offer two service cover plans to give you total peace of mind.

- Repair Protection Plan FREE service repairs for a single Creda appliance during the period of cover.
- Kitchen Cover FREE service repairs for all your Creda appliances less than 10 years old.

***Genuine Parts and Accessories***
UK: 08709 077 077
www.theservicecentre.co.uk
Republic of Ireland: (01) 842 6836

A wide range of genuine parts and accessories are available from our hotline or through our web site.

**Genuine parts and accessories, extended warranties and service repairs are all available on our web-site at:**

THE SERVICECENTRE

www.theservicecentre.co.uk

# KEY CONTACTS

***Repair Service and Information Help Desk***

UK: 08709 066 066

(Open 8 to 8 Mon - Fri, 8 to 6 Sat & 10 to 4 Sun and Bank Holidays)

www.theservicecentre.co.uk

Republic of Ireland: 1850 302 200

Our operators will require the following information:

Model number

Serial number

***Extended Warranties***

UK: 08709 088 088

(Open 8 to 8 Mon - Sun)

www.theservicecentre.co.uk

Republic of Ireland: 1850 502 200

***Genuine Parts and Accessories***

UK: 08709 077 077

(Open 8-30 to 5-30 Mon - Fri & 9 to 12 Sat)

www.theservicecentre.co.uk

Republic of Ireland: (01) 842 6836

***Creda Appliance Information***

UK: 08701 54 64 74

(Open 8 to 5-30 Mon - Fri & 9 to 2 Sat)

www.creda.co.uk

**Genuine parts and accessories, extended warranties and service repairs are all available on our web-site at:**

www.theservicecentre.co.uk

General Domestic Appliances Limited, Morley Way, Peterborough, PE2 9JB. Part no. FP103-01